

Senior Resource Association – SEPTEMBER 2023 – Meals Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		 Senior Resource ASSOCIATION		1
				Korean BBQ Chicken 3 oz chicken ¾ cup broccoli & cauliflower ½ cup brown rice 1 oz whole grain bread ½ cup applesauce
4	5	6	7	8
CLOSED FOR HOLIDAY 	Ginger Pork Stir Fry 3 oz pork, 0.5 oz sauce ¾ cup stir fry vegetables ½ cup brown rice 1 oz whole grain bread ½ cup mandarin oranges	Italian Chicken Salad 3 oz chicken 1 cup tomato Florentine soup 2 oz whole grain bread ½ cup mixed fruit	Roast Turkey 3 oz turkey ¾ cup normandy vegetable blend ½ cup whole wheat noodles 1 oz whole grain bread ½ cup pears	BBQ Beef Patty 3 oz beef patty, 0.5 oz sauce ½ cup mashed potatoes ½ cup chuckwagon corn 2 oz whole grain bread ½ cup applesauce
11	12	13	14	15
Tomato Basil Chicken 3 oz chicken, 1 oz sauce ¾ cup italian vegetable blend ½ cup whole grain penne 1 oz whole grain bread ½ cup mixed fruit	Salisbury Steak 3 oz beef, 1.5 oz sauce ½ cup mashed potatoes ½ cup brussels sprouts 2 oz whole grain bread ½ cup applesauce	Chicken Club Sandwich 2 oz chicken, 0.5 oz bacon 1 cup garden vegetable soup 2 oz whole grain bun ½ cup mixed fruit	Glazed Pork 3 oz pork, 1 oz glaze ¾ cup mashed potatoes 2 oz whole grain bread ½ cup baked apples	Lemon Caper Chicken 3 oz chicken, 1 oz sauce ¾ cup broccoli ½ cup brown rice 1 oz whole grain bread ½ cup mandarin oranges
18	19	20	21	22
Chicken Alfredo 3 oz chicken, 1 oz sauce ¾ cup diced carrots ½ cup whole wheat pasta 1 oz whole grain bread ½ cup peaches	Pork and Peppers 3 oz pork, 1.5 oz sauce ½ cup mashed potatoes ½ cup parslied carrots 2 oz whole grain bread ½ cup applesauce	Mediterranean Salad w/ Chicken 3 oz chicken 1 cup broccoli soup 2 oz whole grain bread ½ cup mixed fruit	Pesto Tortellini 3 oz tortellini, 1 oz sauce ½ cup diced carrots ½ cup italian green beans 1 oz whole grain bread ½ cup pears	Swiss Steak 3 oz beef patty, 0.5 oz sauce ½ cup mashed potatoes ½ cup steamed broccoli 2 oz whole grain bread ½ cup mandarin oranges
25	26	27	28	29
Herb Roasted Pork Loin 3 oz pork ½ cup roasted potatoes ½ cup broccoli 2 oz whole grain bread ½ cup applesauce	Grilled Chicken Strips 3 oz chicken ½ cup mashed potatoes ½ cup mixed vegetables 2 oz whole grain bread ½ cup peaches	Turkey and Swiss Sandwich 2 oz turkey, 0.75 cheese 1 cup corn chowder 2 oz whole grain bun ½ cup mandarin oranges	Meatballs Marinara 3oz meatballs, 2 oz sauce ¾ cup key west vegetable blend ½ cup whole grain rotini 1 oz whole grain bread ½ cup mixed fruit	Korean BBQ Chicken 3 oz chicken ¾ cup broccoli & cauliflower ½ cup brown rice 1 oz whole grain bread ½ cup applesauce

THIS MENU MEETS THE OLDER AMERICANS NUTRITIONAL ACT REQUIREMENTS, WITH DAILY SOURCES OF EITHER VITAMIN A OR C (DENOTED WITH AN ASTERISK) *MEALS ARE PREPARED BY METZ CULINARY MANAGEMENT & APPROVED BY A CERTIFIED NUTRITIONIST.

MEALS PROVIDE A MINIMUM OF 1/3 RECOMMENDED DAILY ALLOWANCE ALL MEALS ARE SERVED WITH AN 8 OZ 1% MILK, VEGETABLES & FRUIT = 2 (1/2) PORTIONS, 1 TSP OF Margarine SERVED WITH EVERY MEAL BREAD OR EQUIVALENT = 1 SERVING, MEAT OR ALTERNATIVE = 2 OZ COOKED EDIBLE PORTION, FAT = 1 TEASPOON

CERTIFIED BY: *Amy Fuller RD/LDN* AMY FULLER, RD, LDN. 6-13-23 DATE