

Senior Resource Association – November 2023 – Meals Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		2	3	4
		Grilled Chicken Salad 3 oz chicken 1 cup salad vegetables 1 cup cream of broccoli soup 2 oz whole wheat bread ½ cup pineapple	Salisbury Steak 3 oz beef, 1 oz sauce ½ cup mashed potatoes ½ cup diced carrots 2 oz whole wheat bread ½ cup applesauce	Fajita Chicken 3 oz chicken ½ cup onions & peppers ½ cup broccoli ½ cup brown rice 1 oz whole wheat bread ½ cup peaches
6	7	8	9	10
Marinara Meatballs 3 oz beef, 2 oz sauce ¾ cup mixed vegetables ½ cup whole wheat rofini 1 oz whole wheat bread ½ cup tropical fruit	Sweet & Sour Chicken 3 oz chicken, 1 oz sauce ¾ cup broccoli ½ cup brown rice 1 oz whole wheat bread ½ cup applesauce	Turkey & Cheddar Sandwich 2 oz turkey, 1 oz cheddar Lettuce, tomato 1 cup tomato basil soup 2 oz whole wheat roll ½ cup mandarin oranges	Italian Herb Crusted Pork 3 oz pork ½ cup roasted red potatoes ½ cup diced carrots 2 oz whole wheat bread ½ cup pineapple	
13	14	15	16	17
Teriyaki Chicken 3 oz chicken, 0.25 oz sauce ¾ cup asian vegetable blend ½ cup brown rice 1 oz whole wheat bread ½ cup mandarin oranges	Pulled Pork 3 oz pork, 1 oz sauce ½ cup mashed potatoes ½ cup mixed vegetables 2 oz whole wheat bread ½ cup applesauce	Ranch Chicken Salad 3 oz chicken 1 cup salad vegetables 1 cup spring vegetable soup 2 oz whole wheat bread ½ cup tropical fruit	Cheese Omelet & Turkey Sausage 2 oz omelet, 1.3 oz sausage ¾ cup breakfast potatoes 2 oz whole wheat bread ½ cup pineapple	Meatballs & Gravy 3 oz meatballs, 1 oz gravy ½ cup mashed potatoes ½ cup broccoli 2 oz whole wheat bread ½ cup peaches
20	21	22	23	24
Chicken Alfredo 3 oz chicken, 1 oz sauce ½ cup whole wheat penne ½ cup diced carrots 1 oz whole wheat bread ½ cup cauliflower ½ cup pears	Caribbean Seasoned Pork Loin 3 oz pork ½ cup mashed potatoes ½ cup capri vegetable blend 2 oz whole wheat bread ½ cup applesauce	BBQ Chicken Sandwich 3 oz chicken Lettuce, tomato 1 cup corn chowder 2 oz whole wheat roll ½ cup mixed fruit		
27	28	29	30	
Chicken Cacciatore 3 oz chicken, 0.5 sauce ½ cup mashed potatoes ½ cup green beans 2 oz whole wheat bread ½ cup mixed fruit	Korean BBQ Pork 3 oz pork, 0.5 oz sauce ¾ cup asian vegetable blend ½ brown rice 1 oz whole wheat bread ½ cup mandarin oranges	Grilled Chicken Salad 3 oz chicken 1 cup salad vegetables 1 cup cream of broccoli soup 2 oz whole wheat bread ½ cup pineapple	Salisbury Steak 3 oz beef, 1 oz sauce ½ cup mashed potatoes ½ cup diced carrots 2 oz whole wheat bread ½ cup applesauce	 Senior Resource Association

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 SURVIVED WITH EVERY MEAL BREAD OR EQUIVALENT = 1 SERVING, MEAT OR ALTERNATIVE = 2 OZ COOKED EDITABLE PORTION, FAT = 1 TEASPOON

CERTIFIED BY: Amy Fuller AMY FULLER, RD, LDN. 9-21-23 DATE