

Senior Resource Association - December 2023 - Meals Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Senior Resource ASSOCIATION</p>				
<p>4</p> <p>Marinara Meatballs 3 oz beef, 2 oz sauce ¾ cup mixed vegetables ½ cup whole wheat rotini 1 oz whole wheat bread ½ cup tropical fruit</p>	<p>5</p> <p>Sweet & Sour Chicken 3 oz chicken, 1 oz sauce ¾ cup broccoli ½ cup brown rice 1 oz whole wheat bread ½ cup applesauce</p>	<p>6</p> <p>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</p>	<p>7</p> <p>Italian Herb Crusted Pork 3 oz pork ½ cup roasted red potatoes ½ cup diced carrots 2 oz whole wheat bread ½ cup pineapple</p>	<p>1</p> <p>Fajita Chicken 3 oz chicken ½ cup onions & peppers ½ cup broccoli ½ cup brown rice 1 oz whole wheat bread ½ cup peaches</p>
<p>11</p> <p>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</p>	<p>12</p> <p>Pulled Pork 3 oz pork, 1 oz sauce ½ cup mashed potatoes ½ cup mixed vegetables 2 oz whole wheat bread ½ cup applesauce</p>	<p>13</p> <p>Ranch Chicken Salad 3 oz chicken 1 cup salad vegetables 1 cup spring vegetable soup 2 oz whole wheat bread ½ cup tropical fruit</p>	<p>14</p> <p>Cheese Omelet & Turkey Sausage 2 oz omelet, 1.3 oz sausage ¾ cup breakfast potatoes 2 oz whole wheat bread ½ cup pineapple</p>	<p>15</p> <p>Meatballs & Gravy 3 oz meatballs, 1 oz gravy ½ cup mashed potatoes ½ cup broccoli 2 oz whole wheat bread ½ cup peaches</p>
<p>18</p> <p>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</p>	<p>19</p> <p>Caribbean Seasoned Pork Loin 3 oz pork ½ cup mashed potatoes ½ cup capri vegetable blend 2 oz whole wheat bread ½ cup applesauce</p>	<p>20</p> <p>BBQ Chicken Sandwich 3 oz chicken Lettuce, tomato 1 cup corn chowder 2 oz whole wheat roll ½ cup mixed fruit</p>	<p>21</p> <p>Chop Steak w/ Mushroom Sauce 3 oz beef patty, 1 oz sauce ¾ cup green beans ½ cup brown rice 1 oz whole wheat bread ½ cup mandarin oranges</p>	<p>22</p> <p>Chicken Parmesan 3 oz chicken, 1 oz sauce ¾ cup italian vegetable blend ½ cup whole wheat rotini 1 oz whole wheat bread ½ cup mixed fruit</p>
<p>25</p> 	<p>26</p> 	<p>27</p> <p>Grilled Chicken Salad 3 oz chicken 1 cup salad vegetables 1 cup cream of broccoli soup 2 oz whole wheat bread ½ cup pineapple</p>	<p>28</p> <p>Salisbury Steak 3 oz beef, 1 oz sauce ½ cup mashed potatoes ½ cup diced carrots 2 oz whole wheat bread ½ cup applesauce</p>	<p>29</p> <p>Fajita Chicken 3 oz chicken ½ cup onions & peppers ½ cup broccoli ½ cup brown rice 1 oz whole wheat bread ½ cup peaches</p>

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 Johnson AMY FULLER, RD, LDN, 9-21-23 DATE