



Senior Resource Association – March 2024 – Meals Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Senior Resource ASSOCIATION				Korean BBQ Chicken 3 oz chicken, .5 oz sauce ¼ cup broccoli & cauliflower ½ cup brown rice 1 oz whole grain bread ½ cup applesauce
Chicken Alfredo 3 oz. chicken, 1 oz sauce ¾ cup broccoli ½ cup whole wheat pasta 1 oz whole grain bread ½ cup applesauce	Teriyaki Meatballs 3 oz meatballs, .5 oz sauce ½ cup brown rice ¾ cup asian vegetables 1 oz whole grain bread ½ cup mandarin oranges	Italian Chicken Salad 2 oz chicken, .5 oz mozzarella 2 cups salad 1 cup chicken noodle soup 1 oz whole grain bread ½ cup mixed fruit	Pork & Peppers 3 oz pork, 1.5 oz peppers ½ cup mashed potatoes ½ cup parslid carrots 2 oz whole grain bread ½ cup applesauce	BBQ Beef Patty 3 oz. beef patty, .5 oz sauce ½ cup mashed potatoes ½ cup chuckwagon corn 2 oz whole grain bread ½ cup applesauce
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	Swiss Steak 3 oz beef patty, .5 oz sauce ½ cup mashed potatoes ½ cup steamed broccoli 2 oz whole grain bread ½ cup mandarin oranges	Chicken Sandwich 2 oz chicken Lettuce 1 cup garden vegetable soup 2 oz whole grain bun ½ cup mixed fruit	Glazed Pork 3 oz pork, .75 oz sauce ½ cup mashed potatoes ½ cup carrots 2 oz whole grain bread ½ cup baked apples	Lemon Caper Chicken 3oz chicken, 1 oz sauce ¾ cup broccoli ½ cup brown rice 1 oz whole grain bread ½ cup mandarin oranges
Chicken Fajitas 3 oz chicken ½ cup peppers & onions ½ cup corn 2 oz whole grain bread ½ cup peaches	Marinara Tortellini 3 oz tortellini, 1 oz sauce ½ cup diced carrots ½ cup italian green beans 1 oz whole grain bread ½ cup pears	Chef Salad .5 oz diced ham, 1 oz diced turkey 3ea grape tomato, .5 oz cheese 1 cup cream of mushroom 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	Salisbury Steak 3 oz beef patty, 1 oz sauce ½ cup mashed potatoes ½ cup brussels sprouts 2 oz whole grain bread ½ cup applesauce
Meatballs Marinara 3 oz meatballs, 2 oz sauce ¾ cup key west vegetable blend ½ cup whole grain rotini 1 oz whole grain bread ½ cup mixed fruit	Grilled Chicken Strips 3 oz chicken ½ cup mashed potatoes ½ cup mixed vegetables 2 oz whole grain bread ½ cup peaches	Turkey & Swiss Sandwich 2 oz turkey, .75 cheese lettuce, tomato 1 cup garden vegetable soup 2 oz whole grain bun ½ cup mandarin oranges	Herb Roasted Pork Loin 3 oz pork ½ cup roasted potatoes ½ cup broccoli 2 oz whole grain bread ½ cup applesauce	Korean BBQ Chicken 3 oz chicken, .5 oz sauce 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 EDITABLE PORTION, FAT = 1 TEASPOON

CERTIFIED BY: Amy Fuller RD AMY FULLER, RD, LDN. 12-13-23 DATE