

Senior Resource Association - JUNE 2024 - Meals Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Parmesan Pesto Tortellini (3 oz cheese, 0.5 oz sauce) ½ cup cauliflower ½ cup diced carrots 1 oz whole wheat bread ½ cup applesauce	4 Sweet & Sour Chicken (3 oz chicken, 1 oz sauce) ¾ cup broccoli ½ cup brown rice, 1 oz bread ½ cup pineapple	5 Italian Chicken Salad (3oz chicken, .5 oz mozzarella) 1 cup tomato Florentine soup 2 oz whole grain bread ½ cup mixed fruit	6 Italian Herb Crusted Pork (3 oz pork) ½ cup roasted red potatoes ½ cup diced carrots 2 oz whole wheat bread ½ cup pineapple	7 Marinara Meatballs (3 oz beef, 2 oz sauce) ¾ cup mixed vegetables ½ cup WW rotini, 1 oz bread banana
10 Meatballs & Gravy (3 oz meatballs, 1 oz gravy) ½ cup mashed potatoes ½ cup broccoli 2 oz whole wheat bread ½ cup peaches	11 Cheese Omelet, Turkey Sausage (2 oz omelet, 1.3 oz sausage) ¾ cup breakfast potatoes 2 oz whole wheat bread ½ cup grape juice	12 Chicken Sandwich (2 oz deli chicken) 1 lettuce leaf 1 cup chicken noodle soup 2 oz whole grain bun ½ cup mandarin oranges	13 Pulled Pork (3 oz pork, 1 oz sauce) ½ cup mashed potatoes ½ cup mixed vegetables 2 oz whole wheat bread ½ cup applesauce	14 Teriyaki Chicken (3 oz chicken, 0.25 oz sauce) ¾ cup asian vegetables ½ cup brown rice, 1 oz bread ½ cup mandarin oranges
17 Chicken Parmesan (3 oz chicken, 1 oz sauce) ¾ cup italian vegetable blend 1/2 cup WW rotini, 1 oz bread ½ cup mixed fruit	18 Chop Steak w/Mushroom Sauce (3 oz beef patty, 1 oz sauce) ¾ cup green beans ½ cup brown rice, 1 oz bread ½ cup mandarin oranges	19 Mediterranean Salad w/Chicken (2 oz chicken, .5 oz cheese, .5 oz cucumbers) 1 cup broccoli soup 2 oz whole grain bread ½ cup mixed fruit	20 Caribbean Seasoned Pork Loin (3 oz pork) ½ cup mashed potatoes ½ cup capri vegetable blend 2 oz whole wheat bread ½ cup applesauce	21 Chicken Alfredo (3 oz chicken, 1 oz sauce) ½ cup cauliflower ½ cup diced carrots ½ cup WW penne 1 oz whole grain bread banana
24 Chicken w/Country Pepper Gravy (3.1 oz breaded chicken patty, 1.5 oz gravy) ½ cup mashed potatoes ½ cup carrots 2 oz whole wheat bread 4 oz tropical fruit punch	25 Salisbury Steak (3 oz beef, 1 oz sauce) ½ cup mashed potatoes ½ cup diced carrots 2 oz whole wheat bread banana	26 Turkey & Swiss Sandwich (2 oz turkey, .75 oz cheese) 1 lettuce leaf, 1 slice tomato. 1 cup corn chowder 2 oz whole grain bun ½ cup tropical fruit	27 Korean BBQ Pork (3 oz pork, 0.5 oz sauce) ¾ cup asian vegetable blend ½ cup brown rice, 1 oz bread ½ cup mandarin oranges	28 Chicken Cacciatore (3 oz chicken, 0.5 oz sauce) ½ cup mashed potatoes ½ cup green beans 2 oz whole wheat bread ½ cup mixed fruit
				

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.

CERTIFIED BY: *Amy Fuller* AMY FULLER, RD, LDN.

DATE: *03-05-2024*

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