

Senior Resource Association - JULY 2024 - Meals Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	CLOSED 	5
Grilled Chicken Strips (3 oz chicken) ½ cup mashed potatoes ½ cup green beans 4.23 oz grape juice	Meatballs Marinara (3 oz meatballs, 2 oz sauce) ¾ cup cauliflower ½ cup WG rotini Banana	Grilled Chicken Salad (3 oz chicken) 1 cup salad greens 1 cup cream of broccoli soup ½ cup pineapple		Korean BBQ Chicken (3 oz chicken, 1 oz sauce) ¾ cup broccoli & cauliflower ½ cup brown rice ½ cup applesauce
8	9	10	11	12
Chicken Alfredo (3 oz chicken, 2 oz sauce) ¾ cup broccoli ½ cup WG penne 4.23 oz tropical fruit punch	Teriyaki Meatballs (3 oz meatballs, 0.5 oz sauce) ¾ cup asian vegetables ½ cup brown rice Banana	Turkey & Cheddar Sandwich (2 oz turkey, 0.75 oz cheddar) Lettuce, tomato (on sandwich) 1 cup tomato basil soup ½ cup pears	Pork & Peppers (3 oz pork, 1.5 oz peppers) ½ cup mashed potatoes ½ cup parselied carrots ½ cup peaches	BBQ Beef Patty (3 oz beef patty, 0.5 oz sauce) ½ cup red potatoes ½ cup chuckwagon corn ½ cup pineapple
15	16	17	18	19
Tomato Basil Chicken (3 oz chicken, 2 oz sauce) ¾ cup italian vegetable blend ½ cup WG penne 4.23 oz grape juice	Swiss Steak (3 oz beef patty, 1 oz sauce) ½ cup mashed potatoes ½ cup broccoli Banana	Ranch Chicken Salad (3 oz chicken) 1 cup salad greens 1 cup spring vegetable soup ½ cup tropical fruit	Glazed Pork (3 oz pork, 1 oz glaze) ½ cup mashed potatoes ½ cup carrots ½ cup pears	Lemon Caper Chicken (3 oz chicken, 2 oz sauce) ¾ cup broccoli ½ cup brown rice ½ cup peaches
22	23	24	25	26
Chicken Fajitas (3 oz chicken) ½ cup peppers & onions ½ cup corn 4.23 oz tropical fruit punch	Meatballs w/ Brown Gravy (3 oz meatballs, 1.5 oz sauce) ½ cup mashed potatoes ½ cup broccoli Banana	BBQ Chicken Sandwich (3 oz chicken, 0.75 oz BBQ sauce) Lettuce, tomato (on sandwich) 1 cup corn chowder ½ cup tropical fruit	Caribbean Roast Pork (3 oz pork, 0.5 oz sauce) ¾ cup capri vegetable blend ½ cup brown rice ½ cup mandarin oranges	Salisbury Streak (3 oz beef, 1 oz sauce) ½ cup mashed potatoes ½ cup brussels sprouts ½ cup pineapple
29	30	31		
Grilled Chicken Strips (3 oz chicken) ½ cup mashed potatoes ½ cup green beans 4.23 oz grape juice	Meatballs Marinara (3 oz meatballs, 2 oz sauce) ¾ cup cauliflower ½ cup WG rotini Banana	Grilled Chicken Salad (3 oz chicken) 1 cup salad greens 1 cup cream of broccoli soup ½ cup pineapple		 Senior Resource ASSOCIATION

THIS MENU MEETS THE OLDCR 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*
Rolon

AMY FULLER, RD, LDN.

DATE *06-11-24*

**** FOR HOME DELIVERED MEALS, BREAD WILL BE DELIVERED ONCE PER WEEK. THE AMOUNT OF BREAD GIVEN WILL MEET THE WEEKLY GRAIN REQUIREMENT. ****
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