

Senior Resource Association – AUGUST 2024 - Meals Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Senior Resource ASSOCIATION			1	2
			8	9
5	6	7	8	9
Herb Roasted Pork Loin (3 oz pork) ½ cup roasted potatoes ½ cup broccoli ½ cup pears	Korean BBQ Chicken (3 oz chicken, 1 oz sauce) ¾ cup broccoli & cauliflower ½ cup brown rice ½ cup applesauce	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
12	13	14	15	16
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
19	20	21	22	23
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
26	27	28	29	30
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	Herb Roasted Pork Loin (3 oz pork) ½ cup roasted potatoes ½ cup broccoli ½ cup pears	Korean BBQ Chicken (3 oz chicken, 1 oz sauce) ¾ cup broccoli & cauliflower ½ cup brown rice 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.

CERTIFIED BY *Amy Fuller* 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