

Senior Resource Association - SEPTEMBER 2024 - Meals Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CLOSED 	2 2 Teriyaki Meatballs (3 oz meatballs, 0.5 oz sauce) ¾ cup asian vegetables ½ cup brown rice Banana	3 3 Turkey & Cheddar Sandwich (2 oz turkey, 0.75 oz cheddar) Lettuce, tomato (on sandwich) 1 cup tomato basil soup ½ cup pears	4 4 Pork & Peppers (3 oz pork, 1.5 oz peppers) ½ cup mashed potatoes ½ cup parslied carrots ½ cup peaches	5 5 BBQ Beef Patty (3 oz beef patty, 0.5 oz sauce) ½ cup red potatoes ½ cup chuckwagon corn ½ cup pineapple
9 9 Tomato Basil Chicken (3 oz chicken, 2 oz sauce) ¾ cup italian vegetable blend ½ cup WG penne 4.23 oz grape juice	10 10 Swiss Steak (3 oz beef patty, 1 oz sauce) ½ cup mashed potatoes ½ cup broccoli Banana	11 11 Ranch Chicken Salad (3 oz chicken) 1 cup salad greens 1 cup spring vegetable soup ½ cup tropical fruit	12 12 Glazed Pork (3 oz pork, 1 oz glaze) ½ cup mashed potatoes ½ cup carrots ½ cup pears	13 13 Lemon Caper Chicken (3 oz chicken, 2 oz sauce) ¾ cup broccoli ½ cup brown rice ½ cup peaches
16 16 Chicken Fajitas (3 oz chicken) ½ cup peppers & onions ½ cup corn 4.23 oz tropical fruit punch	17 17 Meatballs w/ Brown Gravy (3 oz meatballs, 1.5 oz sauce) ½ cup mashed potatoes ½ cup broccoli Banana	18 18 BBQ Chicken Sandwich (3 oz chicken, 0.75 oz BBQ sauce) Lettuce, tomato (on sandwich) 1 cup corn chowder ½ cup tropical fruit	19 19 Caribbean Roast Pork (3 oz pork, 0.5 oz sauce) ¾ cup capri vegetable blend ½ cup brown rice ½ cup mandarin oranges	20 20 Salisbury Streak (3 oz beef, 1 oz sauce) ½ cup mashed potatoes ½ cup brussels sprouts ½ cup pineapple
23 23 Grilled Chicken Strips (3 oz chicken) ½ cup mashed potatoes ½ cup green beans 4.23 oz grape juice	24 24 Meatballs Marinara (3 oz meatballs, 2 oz sauce) ¾ cup cauliflower ½ cup WG rotini Banana	25 25 Grilled Chicken Salad (3 oz chicken) 1 cup salad greens 1 cup cream of broccoli soup ½ cup pineapple	26 26 Herb Roasted Pork Loin (3 oz pork) ½ cup roasted potatoes ½ cup broccoli ½ cup pears	27 27 Korean BBQ Chicken (3 oz chicken, 1 oz sauce) ¾ cup broccoli & cauliflower ½ cup brown rice ½ cup applesauce
30 30 Chicken Alfredo (3 oz chicken, 2 oz sauce) ¾ cup broccoli ½ cup WG penne 4.23 oz tropical fruit punc				

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