


## Senior Resource Association - OCTOBER 2024 - Meals Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>Chicken Alfredo</b> (3 oz chicken strips, 2 oz sauce) ½ cup broccoli ½ cup cauliflower ½ cup WG penne 2oz WG bread ½ cup mixed fruit salad	<b>Mediterranean Salad w/ Chicken</b> (2 oz diced chicken, 0.5 oz cheese) 2 cup salad greens 1 cup cream of broccoli soup 2 oz WG bread Banana	<b>French Onion Chopped Steak</b> (3oz beef patty, 1 oz onion gravy) ¾ cup brussels sprouts ¾ cup carrots 2 oz WG bread ½ cup vanilla pudding	<b>Raspberry BBQ Chicken</b> (3 oz chicken strips, 1 oz BBQ sauce) ½ cup diced potatoes ½ cup chuckwagon corn 2 oz WG bread ½ cup peaches
<b>Chicken Scampi</b> (3 oz chicken strips, 2 oz sauce) ¾ cup Italian vegetable blend ½ cup WG penne, 2 oz WG bread ½ cup apple juice	<b>Beef Sloppy Joe</b> (3 oz ground beef, 1 oz sauce) ½ cup roasted potato wedges ½ cup broccoli 1 WG sandwich roll ½ cup applesauce	<b>Turkey &amp; Swiss Sandwich</b> (2 oz turkey, 0.75 oz cheese) Lettuce, tomato 1 cup chicken tortilla soup 1 WG sandwich roll banana	<b>Cheese Omelette, Turkey Sausage</b> (2.10 oz omelette, 1 link sausage) ¾ cup diced potatoes ¾ cup peppers & onions 2 oz WG bread ½ cup jello	<b>Sweet &amp; sour Chicken</b> (3 oz diced chicken, 1 oz sauce) ¾ cup stir fry vegetable blend ½ cup brown rice 2 oz WG bread ½ cup mandarin oranges
<b>Chicken Florentine</b> (3 oz chicken strips, 2 oz spinach sauce) ¾ cup capri vegetable blend ½ cup WG rotini 2 oz WG bread ½ cup fruit punch	<b>Meatballs Marinara</b> (3 oz meatballs, 2 oz sauce) ¾ cup calif. Normandy vegetable blend ½ cup WG penne 2 oz WG bread ½ cup mixed fruit salad	<b>Italian Chicken Salad</b> (3 oz diced chicken) 2 cup salad greens 1 cup minestrone soup 2 oz WG bread banana	<b>Cheeseburger</b> (2.67 oz beef patty, 0.75 oz cheese) ¾ cup roasted potatoes ¾ cup broccoli 1 WG sandwich roll ½ cup vanilla pudding	<b>Chicken w/County Pepper Gravy</b> (3 oz chicken strips, 1 oz gravy) ½ cup mashed potatoes ½ cup carrots 2 oz WG bread ½ cup pears
<b>Meatloaf with Gravy</b> (3 oz meatloaf, 2 oz gravy) ½ cup mashed potatoes ½ cup corn 2 oz WG bread ½ cup orange juice	<b>Hawaiian Chicken</b> (3 oz chicken, 2 oz sauce) ¾ cup broccoli ½ cup brown rice 2 oz WG bread ½ cup tropical fruit	<b>Turkey Ham &amp; Cheddar Sandwich</b> (2 oz turkey ham, 0.75 oz cheese) Lettuce, tomato 1 cup corn chowder 1 WG sandwich roll banana	<b>Hamsteak w/Pineapple Glaze</b> (3 oz hamsteak, 1 oz pineapple glaze) ¾ cup sweet potatoes ¾ cup brussels sprouts 2 oz WG bread ½ cup jello	<b>Salisbury Pepper Steak</b> (3 oz beef patty, 2 oz pepper gravy) ¾ cup cauliflower & peas ½ cup brown rice 2 oz WG bread ½ cup pineapple
<b>Pork Riblet</b> (3 oz pork "rib" patty) ½ cup mashed potatoes ½ cup green beans 2 oz WG bread ½ cup grape juice	<b>Chicken Alfredo</b> (3 oz chicken strips, 2 oz sauce) ½ cup broccoli ½ cup cauliflower ½ cup WG penne 2oz WG bread ½ cup mixed fruit salad	<b>Mediterranean Salad w/ Chicken</b> (2 oz diced chicken, 0.5 oz cheese) 2 cup salad greens, 2 oz WG bread 1 cup cream of broccoli soup Banana	<b>French Onion Chopped Steak</b> (3oz beef patty, 1 oz onion gravy) ¾ cup brussels sprouts ¾ cup carrots 2 oz WG bread ½ cup vanilla pudding	

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 RD* AMY FULLER, RD, LDN.

DATE: *8/26/2024*

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