



## Senior Resource Association - NOVEMBER 2024 - Meals Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2				
				
18	19	20	21	22
<p><b>Honey Ginger Glazed Meatballs</b> Fried Rice Japanese Vegetable Blend Wheat Dinner Roll Applesauce</p>	<p><b>Glazed Turkey Ham</b> Scalloped Potatoes Broccoli w/ Carrots Texas Bread <b>Banana</b></p>	<p><b>Sloppy Joe</b> Cream Style Corn Brussels Sprouts WG Hamburger Bun <b>Pineapple Tidbits</b></p>	<p><b>Moroccan Chicken Stew</b> Turmeric Rice Cabbage Wheat Dinner Roll <b>Peaches</b></p>	<p><b>Meatloaf w/ Tomato Gravy</b> Garlic Whipped Potatoes California Vegetable Bland WG Biscuit Mixed Fruit</p>
25	26	27	28	29
<p><b>Chicken Strips w/ Romesco Sauce</b> Spanish Rice Catalina Vegetables Flour Tortilla Tropical Fruit</p>	<p><b>Chopped Steak w/ Steakhouse Sauce</b> Whipped Potatoes Peas &amp; Carrots WG Biscuit Peaches</p>	<p><b>Turkey w/ Gravy</b> Cornbread Dressing Whipped Potatoes Green Bean Amandine Wheat Dinner Roll Pumpkin Bar</p>	<p><b>CLOSED</b></p> 	<p><b>CLOSED</b></p>

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.

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

*Sydney Marwick RDN, LBN 10/17/24*