

## Senior Resource Association - NOVEMBER 2024 - Meals Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2  				<b>Raspberry BBQ Chicken</b> (3 oz chicken strips, 1 oz BBQ sauce) ½ cup diced potatoes ½ cup chukwagon corn 2 oz WG bread ½ cup peaches
4  <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	5  <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	6  <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	7  <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	8  <b>Sweet &amp; Sour Chicken</b> (3 oz diced chicken, 1 oz sauce) ¾ cup vegetable blend ½ cup brown rice 2 oz WG bread ½ cup mandarin oranges
11  	12  <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	13  <b>Italian Chicken Salad</b> (3 oz diced chicken) 2 cup salad greens 1 cup minestrone soup 2 oz WG bread banana	14  <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	15  <b>Chicken w/Country Pepper Gravy</b> (3 oz chicken strips, 1 oz gravy) ½ cup mashed potatoes ½ cup carrots 2 oz WG bread ½ cup pears
18  <b>Chicken Stew</b> White rice succotash cabbage fresh fruit	19  <b>Meatloaf w/ Gravy</b> Garlic whipped potatoes Garden vegetable blend Southern style biscuit Fresh fruit	20  <b>Asian Meatballs</b> Fried rice Japanese vegetable blend Green peas Fresh fruit	21  <b>Brown Sugar Glazed Ham</b> whipped potatoes broccoli cornbread fresh fruit	22  <b>Sloppy Joe</b> Country corn Brussels sprouts Hamburger bun Fresh fruit
25  <b>Salisbury Steak</b> Steakhouse sauce Whipped potatoes Green peas Southern style biscuit Fresh fruit	26  <b>Ham &amp; Kidney Beans</b> Whole kernel corn Seasoned cabbage Cornbread Fresh fruit	27  <b>Turkey Breast and Gravy Cornbread Dressing</b> Whipped potatoes Green beans amandine Dinner roll Apple/pumpkin pie	28  <b>CLOSED</b>	29  <b>CLOSED</b>  

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.

*Veronica Gober*

Veronica Gober, MS, RD, LD  
8/29/2024

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