




Senior Resource Association - JANUARY 2025 - Meals Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Senior Resource ASSOCIATION		1 CLOSED 	2 Ground Beef Stew ¾ c. ground beef ½ c. whipped potatoes ½ c. green beans 2 oz whole grain biscuit ½ c. pineapple	3 Cuban Pork ½ c. pork ½ c. cilantro brown rice ¾ c. fiesta black beans 1 flour tortilla ½ c. sweet plantains
6 Roasted Garlic Marsala Chicken 3 oz chicken, ½ c. rotini pasta ½ c. garden vegetables ½ c. green peas/mushrooms wheat dinner roll 1 ea. Fresh fruit	7 Pulled BBQ Pork ½ c. pork ½ c. potato wedges ½ c. broccoli WG hamburger bun ½ c. fresh fruit	8 Chicken Stir Fry 3 oz chicken ¾ c. jasmine rice ½ c. Japanese vegetables ½ c. seasoned edamame ½ c. mandarin oranges	9 Santa Fe Stew ¾ c. beef ½ c. whipped potatoes ½ cup green beans w/ onions Texas bread ½ c. fresh fruit	10 WG Breaded Fish Pollock w/ Lemon Dill Sauce ½ c. winter vegetables ½ c. parslied carrots wheat dinner roll ½ c. pineapple tidbits
13 Beef Stroganoff w/ Meatballs 6 each meatballs, ½ c. egg noodles ½ c. catalina vegetables ½ c. seasoned cauliflower wheat dinner roll ½ c. pineapple tidbits	14 Breaded Chicken w/Country Gravy ½ c. whipped potatoes ½ c. cabbage Texas bread 1 ea. Fresh fruit	15 Pork Roast w/ Poivre Sauce 3 oz pork ½ c. macaroni & cheese ½ c. country vegetables ½ c. baby carrots wheat dinner roll ½ c. applesauce	16 BBQ Cheeseburger Patty ½ c. potato wedges ½ c. broccoli WG Hamburger bun 1 ea. Fresh fruit	17 Smothered Chicken Breast 3 oz chicken ½ c. corn pudding ½ c. green beans Texas bread ½ c. mandarin oranges
20 CLOSED 	21 Teriyaki Chicken 3 oz chicken ½ c. coconut rice ½ c. asian green beans ½ c. cauliflower Wheat dinner roll ½ c. mixed fruit	22 Brown Sugar Glazed Ham 3 oz ham ½ cup whipped potatoes ½ c. cabbage Texas bread 1 ea fresh fruit	23 Creamy Paprika Chicken ½ c. chicken, ½ c. rotini pasta ½ c. succotash ½ c. broccoli Wheat dinner roll ½ c. mandarin oranges	24 Krab Cake 3 oz krab cake ½ c. rosemary potatoes ½ c. mixed vegetables Texas bread 1 ea. Fresh fruit
27 WG Chicken Tenders 3 tenders ea. ½ c. hashbrowns ½ c. California vegetables Wheat dinner roll 1 ea. Fresh fruit	28 Spaghetti Meat Sauce ¾ c. meat sauce, ½ c. bowtie pasta ½ c. zucchini bake ½ c. Tuscany vegetables Wheat dinner roll ½ c. pineapple tidbits	29 Beef Patty w/ Mushroom Gravy 3 oz beef ½ c. buttermilk potatoes ½ c. broccoli Texas bread 1 ea. Fresh fruit	30 Butter Chicken 3 oz chicken ¾ c. basmati rice ½ c. Lentils w/ vegetables ½ c. ginger carrots ½ c. applesauce	31 Shepherd's Pie ¾ c. beef ½ c. whipped potatoes ½ c. herbed green beans WG biscuit ½ c. hot peaches

THIS MENU MEETS THE OLDER AMERICANS NUTRITIONAL ACT REQUIREMENTS, WITH DAILY SOURCES OF OTHER 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

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 11/26/2024 ND#17382 FL.