


Senior Resource Association - FEBRUARY 2025 - Meals Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p align="right">3</p> <p>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</p>	<p align="right">4</p> <p>Pulled BBQ Pork ½ c. pork ½ c. potato wedges ½ c. broccoli WG hamburger bun ½ c. fresh fruit</p>	<p align="right">5</p> <p>Chicken Stir Fry 3 oz chicken ¾ c. jasmine rice ½ c. Japanese vegetables ½ c. seasoned edamame ½ c. mandarin oranges</p>	<p align="right">6</p> <p>Santa Fe Stew ¾ c. beef ½ c. whipped potatoes ½ cup green beans w/ onions Texas bread ½ c. fresh fruit</p>	<p align="right">7</p> <p>WG Breaded Fish Pollock w/ Lemon Dill Sauce ½ c. winter vegetables ½ c. parsleyed carrots wheat dinner roll ½ c. pineapple tidbits</p>
<p align="right">10</p> <p>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</p>	<p align="right">11</p> <p>Breaded Chicken w/Country Gravy ½ c. whipped potatoes ½ c. cabbage Texas bread 1 ea. Fresh fruit</p>	<p align="right">12</p> <p>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</p>	<p align="right">13</p> <p>BBQ Cheeseburger Patty ½ c. potato wedges ½ c. broccoli WG Hamburger bun 1 ea. Fresh fruit</p>	<p align="right">14</p> <p>Smothered Chicken Breast 3 oz chicken ½ c. corn pudding ½ c. green beans Texas bread ½ c. mandarin oranges</p>
<p align="right">17</p> <p align="center">CLOSED</p> 	<p align="right">18</p> <p>Teriyaki Chicken 3 oz chicken ½ c. coconut rice ½ c. asian green beans ½ c. cauliflower Wheat dinner roll ½ c. mixed fruit</p>	<p align="right">19</p> <p>Brown Sugar Glazed Ham 3 oz ham ½ cup whipped potatoes ½ c. cabbage Texas bread 1 ea fresh fruit</p>	<p align="right">20</p> <p>Creamy Paprika Chicken ½ c. chicken, ½ c. rotini pasta ½ c. succotash ½ c. broccoli Wheat dinner roll ½ c. mandarin oranges</p>	<p align="right">21</p> <p>Krab Cake 3 oz krab cake ½ c. rosemary potatoes ½ c. mixed vegetables Texas bread 1 ea. Fresh fruit</p>
<p align="right">24</p> <p>WG Chicken Tenders 3 tenders ea. ½ c. hashbrowns ½ c. California vegetables Wheat dinner roll 1 ea. Fresh fruit</p>	<p align="right">25</p> <p>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</p>	<p align="right">26</p> <p>Beef Patty w/ Mushroom Gravy 3 oz beef ½ c. buttermilk potatoes ½ c. broccoli Texas bread 1 ea. Fresh fruit</p>	<p align="right">27</p> <p>Butter Chicken 3 oz chicken ¾ c. basmati rice ½ c. Lentils w/ vegetables ½ c. ginger carrots ½ c. applesauce</p>	<p align="right">28</p> <p>Shepherd's Pie ¾ c. beef ½ c. whipped potatoes ½ c. herbed green beans WG biscuit ½ c. hot peaches</p>
				 Senior Resource ASSOCIATION

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.

*Synde Marwick RDN, LDN
 11/26/2024 ND#17382 FL.*

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