

Senior Resource Association – APRIL 2025 - Meals Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Senior Resource ASSOCIATION <i>Promoting Independence in our Community</i>	Pulled BBQ Pork 1 ½ c. pork ½ c. potato wedges ½ c. broccoli Whole grain hamburger bun Fresh fruit	Chicken Stir Fry 2 3 oz. chicken ¾ c. jasmine rice ½ c. Japanese vegetables ½ c. seasoned edamame ½ c. mandarin oranges	Santa Fe Stew 3 ¾ c. beef ½ c. whipped potatoes ½ c. green beans w/ onions Texas bread Fresh fruit	WG Breaded Fish Pollock w/ Lemon Dill Sauce 4 ½ c. winter vegetables ½ c. parsleyed carrots Wheat dinner roll ½ c. pineapple tidbits
	Chicken Cacciatore 7 ¾ oz chicken ¾ c. brown rice ½ c. Tuscan vegetables ½ c. broccoli Fresh fruit	Smothered Meatballs 8 6 meatballs ea. ½ c. whipped potatoes ½ c. summer vegetable blend Whole grain Biscuit ½ c. hot peaches	BBQ Pork Riblet 9 3 oz. pork ½ c. macaroni & cheese ¾ c. black-eyed peas Whole wheat bread ½ c. mandarin oranges	Beef Patty 10 3 oz. beef ½ c. tater tots ½ c. dilled carrots Whole grain hamburger bun ½ c. pineapple tidbits
Salisbury Steak w/ Onion Gravy 14 3 oz. beef patty ½ c. Au Gratin potatoes ½ c. green peas Whole grain Biscuit ½ c. peaches	Mozzarella Chicken 15 (WG breading on chicken) 3 oz. chicken ½ c. elbow pasta w/ tomatoes ½ c. Italian green beans ½ c. glazed carrots ½ c. pineapple tidbits	Sloppy Joe 16 ½ c. beef ½ c. crispy cubed potatoes ½ c. broccoli Whole grain hamburger bun Fresh fruit	Honey Glazed Ham 17 3 oz. ham ½ c. scalloped potatoes ½ c. carrot amandine Texas bread ½ c. applesauce	 Closed on Good Friday
Sweet & Sour Chicken 21 3 oz. chicken ¾ c. jasmine rice ½ c. Japanese vegetable blend ½ c. seasoned edamame Fresh fruit	Meatloaf w/ Ketchup Sauce 22 3 oz. beef ½ c. whipped potatoes ½ c. parsleyed carrots Whole grain biscuit Fruit juice blend 4 oz.	Tuscan Chicken Meatballs 23 3 ea. chicken meatballs ¾ c. whole grain penne pasta ½ c. Italian vegetable blend ½ c. green peas ½ c. mixed fruit	BBQ Breaded Chicken 24 (WG breading on chicken) 3 oz. chicken ½ c. whipped sweet potatoes ½ c. green beans Wheat dinner roll Fresh fruit	Mexican Beef Picadillo 25 3 oz. beef ½ c. yellow rice ½ c. pinto beans ½ c. fiesta vegetable blend Whole Wheat Tortilla ½ c. applesauce
Swiss Steak 28 3 oz. beef ½ c. whipped potatoes w/gravy ½ c. spring vegetable blend Texas bread Cranberry juice 4 oz.	Lemon Pepper Chicken 29 3 oz. chicken ¾ c. brown dirty rice ½ c. lima beans ½ c. okra & tomatoes w/ corn Fresh fruit	Smoke Sausage 30 3 oz. pork ¼ c. onions & peppers ½ c. baked beans Whole grain hot dog bun ½ c. hot applesauce		

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 TRIO COMMUNITY MEALS & 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 MAGALINE SERVED WITH EVERY MEAL BREAD OR EQUIVALENT 1 SERVING. MEAT OR ALTERNATIVE 2 OZ COOKED EDITABLE PORTION. FAT = 1 TEASPOON

Gail Douglas Reason
 2/10/2025 NA 5863

Elena Grieg
 MOW Operations Supervisor