


Senior Resource Association – MAY 2025 - Meals Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Senior Resource ASSOCIATION <i>Promoting Independence in our Community</i>			1	2
			Chicken w/Biscuit Dumpling ¾ c. chicken w/dumpling ½ c. green peas ½ c. cauliflower Whole grain biscuit 2 oz. Fresh fruit	Marinara Meatballs 6 each meatballs ¾ c. whole grain rotini pasta ½ c. yellow squash ½ c. carrots ½ c. pineapple tidbits
5	6	7	8	9
Chicken Cacciatore ¾ oz chicken ¾ c. brown rice ½ c. Tuscany vegetables ½ c. broccoli Fresh fruit	Smothered Meatballs 6 meatballs ea. ½ c. whipped potatoes ½ c. summer vegetable blend Whole grain Biscuit ½ c. hot peaches	BBQ Pork Riblet 3 oz. pork ½ c. macaroni & cheese ¾ c. black-eyed peas Whole wheat bread ½ c. mandarin oranges	Beef Patty 3 oz. beef ½ c. tater tots ½ c. dilled carrots Whole grain hamburger bun ½ c. pineapple tidbits	Chicken Alfredo (pasta in entrée) ½ c. yellow squash ½ c. green beans Wheat dinner roll Fresh fruit
12	13	14	15	16
Salisbury Steak w/ Onion Gravy 3 oz. beef patty ½ c. Au Gratin potatoes ½ c. green peas Whole grain Biscuit ½ c. peaches	Mozzarella Chicken (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 ½ c. beef ½ c. crispy cubed potatoes ½ c. broccoli Whole grain hamburger bun Fresh fruit	Pork Carnitas 3 oz pork ¼ c. fajita onions/peppers ½ c. cilantro lime rice ½ c. fiesta black beans Whole wheat tortilla ½ c. sweet plantains	Chicken Noddle Bake (pasta in entrée) 3 oz chicken ½ c. mixed vegetable blend ½ c. cabbage Wheat dinner roll Fresh fruit
19	20	21	22	23
BBQ Breaded Chicken (WG breading on chicken) 3 oz. chicken ½ c. whipped sweet potatoes ½ c. green beans Wheat dinner roll Fresh fruit	Mexican Beef Picadillo 3 oz. beef ½ c. yellow rice ½ c. pinto beans ½ c. fiesta vegetable blend Whole Wheat Tortilla ½ c. applesauce .	Tuscan Chicken Meatballs 3 ea. chicken meatballs ¾ c. whole grain penne pasta ½ c. Italian vegetable blend ½ c. green peas ½ c. mixed fruit	Sweet & Sour Chicken 3 oz. chicken ¾ c. jasmine rice ½ c. Japanese vegetable blend ½ c. seasoned edamame Fresh fruit	Beef Frankfurter 3 oz. beef ½ c. baked beans ½ c. tater tots Whole grain hot dog bun ½ c. applesauce
26	27	28	29	30
 CLOSED FOR MEMORIAL DAY	Lemon Pepper Chicken 3 oz. chicken ¾ c. brown dirty rice ½ c. lima beans ½ c. okra & tomatoes w/ corn Fresh fruit	Smoked Sausage 3 oz. pork ¼ c. onions & peppers ½ c. baked beans Whole grain hot dog bun ½ c. hot applesauce	Chicken w/Biscuit Dumpling ¾ c. chicken w/dumpling ½ c. green peas ½ c. cauliflower Whole grain biscuit 2 oz. Fresh fruit	Marinara Meatballs 6 each meatballs ¾ c. whole grain rotini pasta ½ c. yellow squash ½ c. carrots ½ c. pineapple tidbits

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

Gail Douglas Rawson
 2/10/2025 NA 5863

Elena Grieg
 MOW Operations Supervisor