

Senior Resource Association – JUNE 2025 - Meals Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p align="right">2</p> <p><b>Chicken Cacciatore</b>                      ¾ oz chicken                      ¾ c. brown rice                      ½ c. Tuscany vegetables                      ½ c. broccoli                      Fresh fruit</p>	<p align="right">3</p> <p><b>Smothered Meatballs</b>                      6 meatballs ea.                      ½ c. whipped potatoes                      ½ c. summer vegetable blend                      Whole grain Biscuit                      ½ c. hot peaches</p>	<p align="right">4</p> <p><b>BBQ Pork Riblet</b>                      3 oz. pork                      ½ c. macaroni &amp; cheese                      ¾ c. black-eyed peas                      Whole wheat bread                      ½ c. mandarin oranges</p>	<p align="right">5</p> <p><b>Beef Patty</b>                      3 oz. beef                      ½ c. tater tots                      ½ c. dilled carrots                      Whole grain hamburger bun                      ½ c. pineapple tidbits</p>	<p align="right">6</p> <p><b>Chicken Jambalaya</b>                      (rice in entrée)                      ¾ c. chicken                      ¾ c. collard greens                      Cornbread                      Fresh fruit</p>
<p align="right">9</p> <p><b>Salisbury Steak w/ Onion Gravy</b>                      3 oz. beef patty                      ½ c. Au Gratin potatoes                      ½ c. green peas                      Whole grain Biscuit                      ½ c. peaches</p>	<p align="right">10</p> <p><b>Mozzarella Chicken</b>                      (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</p>	<p align="right">11</p> <p><b>Sloppy Joe</b>                      ½ c. beef                      ½ c. crispy cubed potatoes                      ½ c. broccoli                      Whole grain hamburger bun                      Fresh fruit</p>	<p align="right">12</p> <p><b>Pork Carnitas</b>                      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</p>	<p align="right">13</p> <p><b>Meatball Stroganoff</b>                      6 meatballs ea.                      ¾ c. whole grain penne pasta                      ½ c mixed vegetable blend                      ½ c. cabbage                      Fresh fruit</p>
<p align="right">16</p> <p><b>BBQ Breaded Chicken</b>                      (WG breading on chicken)                      3 oz. chicken                      ½ c. whipped sweet potatoes                      ½ c. green beans                      Wheat dinner roll                      Fresh fruit</p>	<p align="right">17</p> <p><b>Mexican Beef Picadillo</b>                      3 oz. beef                      ½ c. yellow rice                      ½ c. pinto beans                      ½ c. fiesta vegetable blend                      Whole Wheat Tortilla                      ½ c. applesauce</p>	<p align="right">18</p> <p><b>Tuscan Chicken Meatballs</b>                      3 ea. chicken meatballs                      ¾ c. whole grain penne pasta                      ½ c. Italian vegetable blend                      ½ c. green peas                      ½ c. mixed fruit</p>	<p align="right">19</p> <p align="center">  </p>	<p align="right">20</p> <p><b>Meatloaf w/ Brown Gravy</b>                      3 oz beef                      ½ c. whipped potatoes                      ½ c. parslid carrots                      Buttermilk biscuit                      4 oz fruit juice blend</p>
<p align="right">23</p> <p><b>Swiss Steak</b>                      3 oz. beef                      ½ c. whipped potatoes w/gravy                      ½ c. spring vegetable blend                      Texas bread                      4 oz Cranberry juice</p>	<p align="right">24</p> <p><b>Lemon Pepper Chicken</b>                      3 oz. chicken                      ¾ c. brown dirty rice                      ½ c. lima beans                      ½ c. okra &amp; tomatoes w/ corn                      Fresh fruit</p>	<p align="right">25</p> <p><b>Smoked Sausage</b>                      3 oz. pork                      ¼ c. onions &amp; peppers                      ½ c. baked beans                      Whole grain hot dog bun                      ½ c. hot applesauce</p>	<p align="right">26</p> <p><b>Chicken w/Biscuit Dumpling</b>                      ¾ c. chicken w/dumpling                      ½ c. green peas                      ½ c. cauliflower                      Whole grain biscuit                      Fresh fruit</p>	<p align="right">27</p> <p><b>Marinara Meatballs</b>                      6 each meatballs                      ¾ c. whole grain rotini pasta                      ½ c. yellow squash                      ½ c. carrots                      ½ c. pineapple tidbits</p>
<p align="right">30</p> <p><b>Chicken Cacciatore</b>                      ¾ oz chicken                      ¾ c. brown rice                      ½ c. Tuscany vegetables                      ½ c. broccoli                      Fresh fruit</p>				<p align="center">  </p>

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

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 2/10/2025 NA 5863

Elena Grieg  
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