

Senior Resource Association – JULY 2025 - Meals Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Senior Resource ASSOCIATION <i>Promoting Independence in our Community</i>	Smothered Beef/Chicken Meatballs 3 meatballs ea. ½ c. whipped potatoes ½ c. summer vegetable blend Buttermilk Biscuit ½ c. hot peaches	BBQ Pork Riblet 3 oz. pork ½ c. macaroni & cheese ¾ c. black-eyed peas Whole wheat bread 4.5 oz. mandarin oranges	Beef Frankfurter 3 oz. beef ½ c. baked beans ½ c. tater tots Whole grain hot dog bun 4.5 oz. mandarin oranges 1 ea. Ketchup mustard	
Marinara Meatballs 6 ea. (beef) 1 c. bowtie Pasta ¾ c. Italian green beans 4.5 oz Tropical Fruit	Herbed Chicken Breast 3 oz. chicken ½ c. whipped potatoes ½ c. summer vegetables 1 ea. Texas toast Fresh Fruit	Tuna Salad ½ c. Tuna salad, ½ c. Lettuce mix ¾ c. Vegetable pasta salad ¾ c. Loaded Baked Potato Soup ½ c. applesauce 3 ea. Saltine crackers 2/2pk	Turkey a La King ½ c. turkey a la king ½ c. parslied rice ½ c. mixed vegetables ½ c. cabbage 1.2 oz wheat dinner roll Fresh Fruit	Beef Patty 3 oz. beef ½ c. tater tots ½ c. broccoli Whole grain hamburger bun Fresh Fruit Ketchup mustard
Pork Carnitas 3 oz. pork ½ c. cilantro brown rice ½ c. black beans w/ tomatoes ½ c. fiesta vegetables Flour Tortilla Fresh Fruit	Beef Frito Pie ¾ c. ground beef ½ c. greens peas ½ c. carrots 1.5 oz. Frito corn chips 4.5 oz. applesauce	Turkey Sandwich 2 oz. sliced turkey, 1 oz. Swiss cheese ¾ c. broccoli / cauliflower salad 1 c. Vegetable Soup 2 ea. Whole wheat bread ½ c. pineapple tidbits 1 ea. mayonnaise	Meatloaf 3.15 oz. beef, 1 oz. gravy ½ c. whipped potatoes ½ c. green beans 1 ea. Texas bread Fresh Fruit	Chicken Marsala 3 oz. diced chicken 1 c. spaghetti pasta ¾ c. Italian vegetables 4.5 oz. peaches
Salisbury Steak 3 oz. beef, 1 oz. steak sauce ½ c. whipped potatoes ½ c. broccoli 1 ea. Texas bread Fresh Fruit	Chicken Supreme ½ c. diced chicken 1 c. parslied rice ¾ c. green beans 4.5 oz pineapple tidbits	BBQ Chicken Salad Sandwich 1 c. chicken salad, 1 c. vegetables ½ c. potato salad 1 c. Cream of Broccoli Soup 1 ea. Whole grain hamburger bun ½ c. diced pears	Sloppy Joe ½ c. ground beef ½ c. baked beans ½ c. tater tots 1 ea. Whole grain hamburger bun 4.5 oz. diced peaches	Chicken Stir Fry 3 oz. chicken strips 1 c. fried brown rice ½ c. green peas ½ c. Japanese vegetables Fresh Fruit 1 ea. Fortune cookie
Santa Fe Chicken ½ c. chicken strips 1 c. penne pasta ¾ c. succotash 4.5 oz. pineapple tidbits	Smothered Beef Patty w/ Burgundy Sauce 3 oz. beef, 1oz. sauce ½ c. garlic whipped potatoes ½ c. mixed vegetables 1 ea. Texas toast Fresh Fruit	Ham Sandwich 2 oz. sliced ham, 1 oz. swiss cheese ¾ c. coleslaw ¾ c. Tomato Basil Soup 2 ea. Whole wheat bread ½ c. diced peaches 1 ea. mustard	Meatball Stroganoff 6 meatballs ea. (beef/pork) 1 c. rotini pasta ½ c. green peas ½ c. parslied carrots 4.5 oz. applesauce	

THIS MENU MEETS THE OLDER AMERICANS NUTRITIONAL ACT REQUIREMENTS, WITH DAILY SOURCES OF OTHER VITAMIN A ORC
(DENOTED WITH AN ASTERISK) *MEALS ARE PREPARED BY TRIO COMMUNITY MEALS & APPROVED BY A CERTIFIED NUTRITIONIST.


Elena Grieg
MOW Operations Supervisor

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