

Senior Resource Association – SEPTEMBER 2025 - Meals Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 	2 Herbed Chicken Breast 3 oz. chicken ½ c. whipped potatoes ½ c. summer vegetables 1 ea. Texas toast Fresh Fruit	3 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	4 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	5 Beef Patty 3 oz. beef ½ c. tater tots ½ c. broccoli Whole grain hamburger bun Fresh Fruit Ketchup mustard
8 Pork Carnitas 3 oz. pork ½ c. cilantro brown rice ½ c. black beans w/ tomatoes ½ c. fiesta vegetables Flour Tortilla Fresh Fruit	9 Beef Frito Pie ¾ c. ground beef ½ c. greens peas ½ c. carrots 1.5 oz. Frito corn chips 4.5 oz. applesauce	10 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	11 Meatloaf 3.15 oz. beef, 1 oz. gravy ½ c. whipped potatoes ½ c. green beans 1 ea. Texas bread Fresh Fruit	12 Chicken Marsala 3 oz. diced chicken 1 c. spaghetti pasta ¾ c. Italian vegetables 4.5 oz. peaches
15 Salisbury Steak 3 oz. beef, 1 oz. steak sauce ½ c. whipped potatoes ½ c. broccoli 1 ea. Texas bread Fresh Fruit	16 Chicken Supreme ½ c. diced chicken 1 c. parslied rice ¾ c. green beans 4.5 oz pineapple tidbits	17 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	18 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	19 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
22 Santa Fe Chicken ½ c. chicken strips 1 c. penne pasta ¾ c. succotash 4.5 oz. pineapple tidbits	23 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	24 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	25 Meatball Stroganoff 6 meatballs ea. (beef/pork) 1 c. rotini pasta ½ c. green peas ½ c. parslied carrots 4.5 oz. applesauce	26 Breaded Chicken w/ Honey Ginger Glaze 3.5 oz. chicken, 1 oz. ginger glaze 1 oz. whole grain breading on chicken ½ c. lemon rice, ¾ c. green beans 4.5 oz. mandarin oranges
				 Senior Resource ASSOCIATION Promoting Independence in our Community