

Senior Resource Association – OCTOBER 2025 - Meals Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Senior Resource ASSOCIATION <i>Promoting Independence in our Community</i>		Tuna Salad 1/2 c. Tuna salad, 1/2 c. Lettuce mix 3/4 c. Vegetable pasta salad 3/4 c. Loaded Baked Potato Soup 1/2 c. applesauce 3 ea. Saltine crackers 2/2pk	Turkey a La King 1/2 c. turkey a la king 1/2 c. parslied rice 1/2 c. mixed vegetables 1/2 c. cabbage 1.2 oz wheat dinner roll Fresh Fruit	Beef Patty 3 oz. beef 1/2 c. tater tots 1/2 c. broccoli Whole grain hamburger bun Fresh Fruit Ketchup mustard
Chicken & Dumpling 2oz. chicken 2.25 oz biscuit (in entrée) 3/4 c. mixed vegetable blend 4.5 oz mandarin oranges	Salisbury Steak 3 oz beef w/ 1 oz steak sauce 1/2 c. whipped potatoes 1/2 c. green peas Texas Bread Fresh Fruit	Turkey Sandwich 2 oz. sliced turkey, 1 oz. Swiss cheese 3/4 c. corn salad 3/4 c. vegetarian vegetable soup 1/2 c. apple sauce 1 ea. Mayonnaise	Pork Loin 3oz. pork, 1 oz. Florentine sauce 1/2 c. parslied rice 1/2 c. green beans, 1/2 c. carrots 1.41 oz dinner roll 4.5 oz pineapple tidbits	Beef Patty 3 oz. beef 1/2 c. hashbrown potatoes 1/2 c. broccoli Whole grain hamburger bun Fresh Fruit ketchup mustard
Spaghetti 3/4 c. spaghetti meat sauce 1 c. spaghetti noodles 3/4 c. Italian vegetable blend 4 oz. apple juice	BBQ Pork 3 oz. bbq pork riblet 1/2 c. potato wedges 1/2 c. broccoli Whole grain hamburger bun Fresh Fruit	Tuna Salad 1/2 c. Tuna salad, 1/2 c. Lettuce mix 3/4 c. Vegetable pasta salad 3/4 c. corn and ginger soup 1/2 c. mandarin oranges 3 ea. Saltine crackers 2/2pk	Chili 3/4 c. chili w/ beans 1/2 c. garlic whipped potatoes 1/2 c. green beans 2.25 oz. biscuit Fresh Fruit	Chicken Etouffee 3/4 c. chicken 1/2 c. buttered rice 3/4 c. succotash 1.41 oz. dinner roll 4.5 oz. applesauce
Chicken Cacciatore 3/4 cup chicken 1/2 c. whipped potatoes 1/2 c. whole kernel corn 1 ea. Texas Bread 4.5 oz. peaches	Beef Stew 3/4 c. ground beef, 1/4 c. vegetables in stew 1/2 c. parslied rice 1/2 c. broccoli 1.41 oz. dinner roll Fresh Fruit	Chicken Salad 1/2 c. chicken salad 3/4 c. California vegetable blend 3/4 c. red pepper bisque Whole grain hamburger bun 1/2 c. pineapple tidbits	Swedish Meatballs 6 meatballs ea. (beef/chicken) 1/2 c. penne pasta 1/2 c. green peas, 1/2 c. carrots 1.41 oz. dinner roll 4.5 oz applesauce	Breaded Chicken w/ Country Gravy 3.1 oz. chicken, 1 oz. gravy 1 oz. whole grain breading on chicken 1/2 c. macaroni & cheese 3/4 c. green beans 4.5 oz mandarin oranges
Meatloaf 3.15 oz beef, 1 oz. gravy 1/2 c. potato wedges 1/2 c. garden vegetable blend 1 ea. Texas Toast 4.5 oz. applesauce 1 ea. ketchup	Sweet & Sour Chicken 3 oz. chicken 1 c. fried rice 3/4 c. Japanese vegetable blend Fresh Fruit 1 ea. Fortune cookie	Ham Sandwich 2 oz. ham, 1 oz. swiss cheese 3/4 c. coleslaw 3/4 c. potato soup 1/2 c. peaches 1 ea. Mustard	Turkey Stew 3/4 c. turkey 1/4 c. vegetables in stew 1/2 c. parslied rice 1/2 c. carrots 1.41 oz. dinner roll 4.5 oz pears	Sloppy Joe 1/2 c. ground beef/ground turkey 1/2 c. whole kernel corn 1/2 c. brussels sprouts Whole grain hamburger bun Fresh Fruit

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

Jessica Miller R.D., LDN
Menu Reviewed by: Jessica Miller, RDN, LDN
ND 4368 Menu Signed: 8/28/25

Elena Grieg
MOW Operations Supervisor