

Senior Resource Association – NOVEMBER 2025 - Meals Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken & Dumpling 2oz. chicken 2.25 oz biscuit (in entrée) ¾ c. mixed vegetable blend 4.5 oz mandarin oranges	Salisbury Steak 3 oz beef w/ 1 oz steak sauce ½ c. whipped potatoes ½ c. green peas Texas Bread Fresh Fruit	Turkey Sandwich 2 oz. sliced turkey, 1 oz. Swiss cheese ¾ c. corn salad ¾ c. vegetarian vegetable soup ½ c. apple sauce 1 ea. Mayonnaise	Pork Loin 3oz. pork, 1 oz. Florentine sauce ½ c. parsleyed rice ½ c. green beans, ½ c. carrots 1.41 oz dinner roll 4.5 oz pineapple tidbits	Beef Patty 3 oz. beef ½ c. hashbrown potatoes ½ c. broccoli Whole grain hamburger bun Fresh Fruit ketchup mustard
Spaghetti ¾ c. spaghetti meat sauce 1 c. spaghetti noodles ¾ c. Italian vegetable blend 4 oz. apple juice		Tuna Salad ½ c. Tuna salad, ½ c. Lettuce mix ¾ c. Vegetable pasta salad ¾ c. corn and ginger soup ½ c. mandarin oranges 3 ea. Saltine crackers 2/2pk	Chili ¾ c. chili w/ beans ½ c. garlic whipped potatoes ½ c. green beans 2.25 oz. biscuit Fresh Fruit	Chicken Etouffee ¾ c. chicken ½ c. buttered rice ¾ c. succotash 1.41 oz. dinner roll 4.5 oz. applesauce
Chicken Cacciatore ¾ cup chicken ½ c. whipped potatoes ½ c. whole kernel corn 1 ea. Texas Bread 4.5 oz. peaches	Beef Stew ¾ c. ground beef, ¼ c. vegetables in stew ½ c. parsleyed rice ½ c. broccoli 1.41 oz. dinner roll Fresh Fruit	Chicken Salad ½ c. chicken salad ¾ c. California vegetable blend ¾ c. red pepper bisque Whole grain hamburger bun ½ c. pineapple tidbits	Swedish Meatballs 6 meatballs ea. (beef/chicken) ½ c. penne pasta ½ c. green peas, ½ 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 ½ c. macaroni & cheese ¾ c. green beans 4.5 oz mandarin oranges
Meatloaf 3.15 oz beef, 1 oz. gravy ½ c. potato wedges ½ 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 ¾ c. Japanese vegetable blend Fresh Fruit 1 ea. Fortune cookie	Ham Sandwich 2 oz. ham, 1 oz. swiss cheese ¾ c. coleslaw ¾ c. potato soup ½ c. peaches 1 ea. Mustard		

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


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

Elena Grieg
 MOW Operations Supervisor