

Senior Resource Association – JANUARY 2026 - Meals Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Senior Resource ASSOCIATION Promoting Independence in our Community				
5	6	7	8	9
Roasted Marsala Chicken ½ c. chicken ½ c. rotini pasta ½ c. green beans ½ c. garden vegetables Dinner roll Fresh fruit	Pulled Pork 3 oz pork ½ c. potato wedges ½ c. baked beans Whole grain hamburger bun ½ c. Mandarin oranges	Chicken Salad Sandwich 3 oz chicken ½ c. California vegetable salad ½ c. tossed salad 1 c. broccoli & cheese soup Fresh fruit	Santa Fe Stew ¾ oz beef ½ c. whipped potatoes ½ c. seasoned green beans Texas bread Fresh fruit	Herbed Chicken Breast 3 oz chicken ½ c. winter vegetables ½ c. glazed carrots Buttermilk biscuit ½ c. applesauce
12	13	14	15	16
Meatball Stroganoff 6 ea. Meatballs (beef w/ chicken) ½ c. bowtie pasta ½ c. Catalina vegetables ½ c. seasoned cauliflower Dinner roll Fresh fruit	Chopped Swiss Steak 3 oz beef ½ c. whipped potatoes ½ c. cabbage Texas bread Fresh fruit	Tzatziki Turkey Salad 3 oz turkey ½ c. pasta salad ½ c. marinated carrot salad 3 ea. Naan Dippers ¾ c. vegan vegetable soup ½ c. peaches	BBQ Beef Patty ¾ c. beef ½ c. roasted red potatoes ¼ c. broccoli Whole grain hamburger bun Fresh fruit	Oven Fried Chicken Thigh 3 oz chicken ½ c. corn pudding ½ c. green beans Texas toast ½ c. tropical fruit
19	20	21	22	23
	Salisbury Steak 3 oz. beef, 1 oz steak sauce ½ c. whipped potatoes ½ c. peas & carrots Texas toast Fresh fruit	Tuna Salad ½ c. tuna ½ c. broccoli slaw ½ c. beet salad ¾ c. mixed beans soup ½ c. applesauce	Orange Glazed Popcorn Chicken 12 ea. Popcorn chicken (breading on chicken) ½ c. coconut rice, ½ c. cauliflower ½ c. Asian green beans 4 oz. apple juice	Brown Sugar Glazed Ham 3 oz ham ½ c. whipped sweet potatoes ½ c. collard greens Cornbread ½ c. mandarin oranges
26	27	28	29	30
Spaghetti Meat Sauce ½ c. beef meat sauce ½ c. penne pasta ¾ c. capri vegetables Dinner roll ½ c. tropical fruit	Butter Chicken ½ c. chicken ½ c. basmati rice ½ c. lentils w/ vegetables ½ c. ginger carrots 3 ea. Naan Dippers ½ c. applesauce	Roast Beef Sandwich 2 oz beef, swiss cheese ½ c. green bean salad ½ c. tossed salad ¾ c. potato soup ½ c. mandarin oranges	Tuscan Meatballs 6 ea. Meatballs (beef w/ chicken) ½ c. pasta Florentine ¾ c. California vegetables Whole wheat bread Fresh fruit	Chopped Steak 3 oz beef, 1 oz horseradish gravy ½ c. buttermilk potatoes ½ c. broccoli Texas toast 4 oz fruit juice

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, RD, LDN
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Elena Grieg
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