

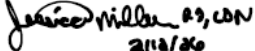


Senior Resource Association – MAY 2026 - Meals Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Senior Resource ASSOCIATION <i>Promoting Independence in our Community</i>				Baked Chicken 3 oz. chicken, 1 oz. lemon herb sauce ½ c. dirty rice ¾ c. green beans Dinner roll 4.5 oz. peaches
Chicken Cacciatore ½ c. diced chicken ½ c. penne pasta ½ c. Tuscany vegetable blend ½ c. broccoli Dinner roll 4 oz apple juice	Smothered Meatballs 6 ea. Meatballs (beef w/ chicken) ½ c. parsleyed rice ¾ c. summer vegetable blend Dinner roll 4.5 oz peaches	Ham Sandwich 2 oz. sliced ham. 1 oz. swiss cheese ½ c. green pea salad ½ c. tomato cucumber salad 1 c. California vegetable soup Fresh Banana	Beef Patty 3 oz. beef ½ c. roasted red potatoes ½ c. dilled carrots Whole grain hamburger bun 4.5 oz. applesauce 2 ea. Ketchup	Cheese Tortellini Carbonara ½ c. tortellini carbonara (pork) ¾ c. Italian vegetable blend Dinner roll 4.5 oz mandarin oranges
Mozzarella Chicken 3 oz. chicken patty (WG breading on chicken) ½ c. Italian green beans ½ c. glazed carrots Dinner roll 4.5 oz. peaches	Salisbury Steak 3 oz. beef w/ onion gravy ½ c. whipped potatoes ½ c. green peas Texas bread 4 oz. apple juice	Chicken Salad Sandwich ½ c. diced chicken (no egg) ½ c. California vegetable blend ½ c. corn salad ¾ c. Broccoli & Cheese Soup Fresh Banana	Homemade Pork Carnitas 3 oz. pork w/ onions/peppers ½ c. cilantro lime rice ½ c. fiesta black beans 4.5 oz applesauce 1 ea. Taco sauce	Cheese Omelet 3 oz. omelet ½ c. diced new potatoes ½ c. broccoli Whole wheat English muffin 4.5 oz. tropical fruit
Mexican Picadillo ½ c. yellow rice ½ c. pinto beans ½ c. spring vegetable blend 1 ea. 29g. Flour tortilla 4.5 oz. mandarin oranges	Sweet & Sour Popcorn Chicken 12 ea. Chicken (breading on chicken) ½ c. parsleyed rice ¾ c. ginger carrots 4.5 oz. pears	Egg Salad Sandwich 2 oz. egg salad ½ c. southwest corn salad ½ c. green bean salad 1 c. Chicken Noodle Soup 4.5 oz. applesauce	Tuscan Chicken Meatballs 6 ea. Meatballs (beef w/ chicken) ½ c. penne pasta ½ c. California vegetable blend ½ c. green peas Dinner roll Fresh Banana	Beef Frankfurter 3 oz. beef ½ c. baked beans ½ c. potato wedges Whole grain hot dog bun 4 oz. apple juice 1 ea. Ketchup Mustard
 HAPPY MEMORIAL DAY REMEMBER AND HONOR	Chicken Pot Pie Pasta ½ c. diced chicken ½ c. penne pasta ¾ c. broccoli Dinner roll Fresh Banana	Turkey Sandwich 2 oz. sliced turkey ,1 oz. swiss cheese ½ c. summer vegetable blend ½ c. coleslaw ¾ c. Potato Soup 4.5 oz. mandarin oranges	Cheese Omelet 3.5 oz. omelet ½ c. spinach w/ peppers ½ c. hashbrown potatoes Buttermilk biscuit 4 oz. apple juice	Baked Chicken 3 oz. chicken, 1 oz. lemon herb sauce ½ c. dirty rice ¾ c. green beans Dinner roll 4.5 oz. peaches

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.

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
 License# ND 4368

Elena Grieg
 MOW Operations Manager