

Senior Resource Association – JUNE 2026 - Meals Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
<p>Chicken Cacciatore ½ c. diced chicken ½ c. penne pasta ½ c. Tuscany vegetable blend ½ c. broccoli Dinner roll 4 oz apple juice</p>	<p>Smothered Meatballs 6 ea. Meatballs (beef w/ chicken) ½ c. parslied rice ¾ c. summer vegetable blend Dinner roll 4.5 oz peaches</p>	<p>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</p>	<p>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</p>	<p>Chicken Jambalaya ¾ c. diced chicken (rice in entre) ½ c. creole corn ½ c. green beans Dinner roll 4.5 oz. mandarin oranges 1 ea. Margarine</p>
8	9	10	11	12
<p>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</p>	<p>Salisbury Steak 3 oz. beef w/ onion gravy ½ c. whipped potatoes ½ c. green peas Texas bread 4 oz. apple juice</p>	<p>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</p>	<p>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</p>	<p>Cheese Omelet 3 oz. omelet ½ c. diced new potatoes ½ c. broccoli Whole wheat English muffin 4.5 oz. tropical fruit</p>
15	16	17	18	19
<p>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</p>	<p>Sweet & Sour Popcorn Chicken 12 ea. Chicken (breading on chicken) ½ c. parslied rice ¾ c. ginger carrots 4.5 oz. pears</p>	<p>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</p>	<p>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</p>	
22	23	24	25	26
<p>Marinara Meatballs 6 ea. Meatballs (pork) ½ c. rotini pasta ½ c. green peas w/ onions ½ c. carrots Dinner roll 4.5 oz. applesauce</p>	<p>Chicken Pot Pie Pasta ½ c. diced chicken ½ c. penne pasta ¾ c. broccoli Dinner roll Fresh Banana</p>	<p>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</p>	<p>Cheese Omelet 3.5 oz. omelet ½ c. spinach w/ peppers ½ c. hashbrown potatoes Buttermilk biscuit 4 oz. apple juice</p>	<p>Baked Chicken 3 oz. chicken, 1 oz. lemon herb sauce ½ c. dirty rice ¾ c. green beans Dinner roll 4.5 oz. peaches</p>
29	30			
<p>Chicken Cacciatore ½ c. diced chicken ½ c. penne pasta ½ c. Tuscany vegetable blend ½ c. broccoli Dinner roll 4 oz apple juice</p>	<p>Smothered Meatballs 6 ea. Meatballs (beef w/ chicken) ½ c. parslied rice ¾ c. summer vegetable blend Dinner roll 4.5 oz peaches</p>			

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, RD, LDN
2/11/26

Menu Reviewed by: Jessica Miller, RD, LDN
License# ND 4368

Elena Grieg
MOW Operations Manager