

Senior Resource Association – JULY 2026 - Meals Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Senior Resource ASSOCIATION <i>Promoting Independence in our Community</i>		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 Frankfurter 3 oz. beef ½ c. baked beans ½ c. potato wedges Whole grain hot dog bun 4.5 oz applesauce 1 ea. Ketchup Mustard	 HAPPY 4TH OF JULY INDEPENDENCE day
Chicken Fajitas ½ c diced chicken ½ c Spanish rice ½ c black beans ½ c mixed vegetables 29g flour tortilla (1ea) 4.5 oz mandarin oranges	Beef Ziti ½ c ground beef / turkey ½ c penne pasta ¾ c Italian vegetable blend Dinner roll 4.5 oz applesauce	Chicken Salad Sandwich ½ c diced chicken ½ c vegetable pasta salad ½ c broccoli slaw 1 c California vegetable soup Fresh banana	BBQ Chicken Breast 5 oz baked chicken ½ c macaroni & cheese ¾ c broccoli Dinner roll 4.5 oz peaches	Beef Patty 3 oz beef w/ steakhouse sauce ½ c roasted red potatoes ½ c dilled carrots 61 g hamburger bun 4 oz fruit juice
Beef Cabbage Skillet ½ c ground beef / turkey ½ c rice ¾ c glazed carrots Dinner roll 4.5 oz applesauce	Honey Mustard Chicken 5 oz chicken breast ½ c roasted red potatoes ½ c garden vegetables 61 g hamburger bun 4 oz fruit juice	Ham Sandwich 2 oz sliced ham, 1 oz swiss cheese ½ c corn salad ½ c broccoli salad 1 cup potato soup Fresh banana	Creamy Chicken Marsala 3 oz diced chicken ½ c penne pasta ¾ c California vegetables Dinner roll 4.5 oz pears	Homemade Meatloaf 3 oz beef, 1 oz brown gravy ½ c chive whipped potatoes ½ c green beans 57 g Texas bread 4 oz grape juice
Chicken Supreme 3 oz chicken breast ½ penne pasta ¾ cup broccoli Dinner roll 4.5 oz peaches	Sloppy Joe ½ c ground beef / turkey ½ c baked beans ½ c roasted red potatoes 61 g hamburger bun 4.5 oz applesauce	Egg Salad Sandwich ½ c egg salad ½ c vegetable pasta ½ c green pea salad 1 cup chicken noodle soup Fresh banana	Beef & Bean Burrito 4 oz beef & beans, 1 oz queso sauce 61 g burrito tortilla (in entrée) ¾ c Mexican corn 4.5 oz mandarin oranges	Salisbury Steak 3 oz beef, 1 oz onion gravy ½ c garlic whipped potatoes ½ c carrots 57 g Texas bread 4 oz grape juice
Meatball Stroganoff 6 each beef / chicken meatballs ½ c penne pasta ½ c green peas ½ c rosemary carrots Dinner roll 4 oz fruit juice	Oven Fried Chicken 4 oz chicken breast ¾ c creole green beans 57 g Texas bread 4.5 oz peaches	Turkey Pasta Salad Sandwich 1 c diced turkey, (1/2 c pasta in entrée) ½ cup chickpea salad ½ c summer vegetable salad 1 c cream of broccoli soup 10 g Naan bread dippers (3ea) Fresh banana	Chicken Pasta 1 c chicken (pasta in entrée) ¾ c Tuscany vegetable blend Dinner roll 4 oz fruit juice	Cheese Omelet Florentine 1 ea omelet ¼ c spinach (in entrée) 2.25 oz hashbrown patty 1.16 oz French toast sticks (2ea) 4.5 oz applesauce Pancake syrup (1ea)

This menu meets the Older Americans Nutritional Act Requirements, with daily sources of Vitamin A or C (denoted accordingly) Meals are prepared by Trio Community Meals & approved by a certified Nutritionist. Certified by:

Meals Provide a minimum of 1/3 recommended daily allowance - all meals are served with an 8 oz milk - vegetables & fruit = 3 (1/2) portions - 1 tsp of butter served with every meal - bread or equivalent = 1 serving - meat or alternative = 3 oz cooked edible portion fat = 1 teaspoon.



Menus are developed using the component meal pattern approach. Computer assisted nutrient analysis is used to ensure target nutrients are met.

Elena Grieg
MOW Operations Manager