

Senior Resource Association – OCTOBER 2026 - Meals Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Senior Resource ASSOCIATION Promoting Independence in our Community			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 4 oz fruit juice
Chicken & Dumpling ¾ c chicken 2.25 oz biscuit in entrée ¾ c mixed vegetables 4.5 oz mandarin oranges	Salisbury Steak 3 oz beef (w steakhouse sauce) ½ c whipped potatoes ½ c green peas 1.41 oz dinner roll Fresh fruit	Turkey Sandwich 2 oz sliced turkey, 1 oz cheese ¾ c corn salad ¾ c vegetable soup ½ c applesauce 1 ea. mayonnaise	Baked Chicken 3 oz chicken, 1oz poultry gravy ½ c parslied rice ¾ c rosemary carrots 1.41 oz dinner roll Fresh fruit	Beef Patty 3 oz beef ½ c tater gems ½ c broccoli 61g hamburger bun ½ c tropical fruit 1 ea. Ketchup Mustard
Meatballs w/ Spaghetti Sauce 6 ea. Meatballs (beef/chicken) ½ c penne pasta ¾ c Italian vegetable blend ½ c applesauce	Cheese Omelet 1 ea. Omelet ½ c potato wedges ½ c broccoli 1 ea. Whole Wheat English Muffin Fresh fruit 1 ea. Jelly	Chicken Salad Sandwich ½ c diced chicken ¾ c California vegetable blend ¾ c corn & ginger bisque 3ea. Saltine crackers 2/2pk ½ c fruit juice	Beef Frankfurter 3 oz beef frank ½ c baked beans ½ c roasted potatoes 57g Whole Grain hot dog bun Fresh fruit 1 ea. Margarine ketchup mustard	Chicken Fajitas ½ c diced chicken ½ c Spanish rice ½ c southwest black beans ½ c sliced carrots 29g tortilla ½ c pears
Mozzarella Chicken 3 oz chicken 1 oz WG breading on chicken ½ c Italian green beans ½ c glazed carrots 1.41 oz dinner roll ½ c peaches	Meatball Stroganoff 6 ea. Meatballs (beef/chicken) ½ c penne pasta ¾ c Catalina vegetables 1/41 oz dinner roll ½ c applesauce	Tuna Salad Sandwich ½ c tuna ½ c pasta salad ½ c tomato cucumber salad ¾ c broccoli & cheese soup Fresh fruit	Smothered Meatballs 6 ea. Meatballs (beef/chicken) ½ c parslied rice ¾ c Tuscany vegetable blend 1 ea. Wheat dinner roll ½ c pears 1 ea. margarine	Salisbury Steak 3 oz beef w/ 1 oz onion gravy ½ c garlic whipped potatoes ½ c capri vegetables 1.41 oz dinner roll ½ c fruit juice
Beef Noodle Casserole ¾ c beef noodle casserole ½ c seasoned green beans ½ c winter vegetables 1.41 oz dinner roll ½ c fruit juice	Sweet & Sour Chicken 3 oz diced chicken 1 c fried rice ¾ c Japanese vegetable blend ½ c mandarin oranges	Pimento Cheese 3 oz pimento cheese ½ c broccoli salad ½ c coleslaw ¾ c potato soup ½ c applesauce	Turkey Stew ¾ c turkey stew ½ c vegetables in stew ½ c rotini pasta ½ c carrots 1.41 oz dinner roll Fresh fruit	Meatloaf 3.15 oz beef, 1 oz brown gravy ½ c potatoes wedges ½ c garden vegetable blend 1.41 oz dinner roll Fruit juice 1 ea. ketchup

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:

Teresa Eury, MEd, RDH, LDN
 Menu Reviewed by: Teresa Eury, MEd, RDH, LDN
 License# ND 9243
 Menu Signed: 07/29/2026

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

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.

Elena Grieg
 MOW Compliance Manager