

Senior Resource Association - DECEMBER 2024 - Meals Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
Chicken Cacciatore Parslied Rice Broccoli Wheat Dinner Roll Peaches	Swedish Meatballs Egg Noodles Green Peas Carrots Wheat Dinner Roll Applesauce	Beef Patty w/ Mushroom Gravy Macaroni & Cheese Cabbage Wheat Dinner Roll Banana	Ground Beef Stew Whipped Potatoes Green Beans WG Biscuit Pineapple Tidbits	Cuban Pork Cilantro Brown Rice Fiesta Black Beans Flour Tortilla Sweet Plantains
9	10	11	13	14
Chili with Beans Cheesy Potato Wedges Green Beans Texas Bread Pineapple Tidbits	Chicken & Sausage Jambalaya (rice in entrée) Succotash Wheat Dinner roll Applesauce	Spaghetti Meat Sauce Spaghetti Noodles Tuscany Vegetable Blend Wheat Dinner Roll Mandarin Oranges	BBQ Pork Riblet Roasted Sweet Potatoes Broccoli WG Hamburger Bun Banana	Chicken Noodle Bake (pasta in entrée) Green Peas Carrots Wheat Dinner Roll Tropical Fruit
16	17	18	19	20
Honey Ginger Glazed Meatballs Fried Rice Japanese Vegetable Blend Wheat Dinner Roll Applesauce	Glazed Turkey Ham Scalloped Potatoes Broccoli w/ Carrots Texas Bread Banana	Sloppy Joe Cream Style Corn Brussels Sprouts WG Hamburger Bun Pineapple Tidbits	Moroccan Chicken Stew Turmeric Rice Cabbage Wheat Dinner Roll Peaches	Meatloaf w/ Tomato Gravy Garlic Whipped Potatoes California Vegetable Blend WG Biscuit Mixed Fruit
23	24	25	26	27
Beef Tips w/ Gravy Whipped Potatoes Green Beans Texas Bread Cranapple Cobbler	CLOSED 	CLOSED 	Cheeseburger Potato Medley Broccoli WG Hamburger Bun Fruit Cocktail	Breaded Pollock (WG Breeding on Pollock) Lemon Rice Green Beans Applesauce
30	31			
Chicken Cacciatore Parslied Rice Broccoli Wheat Dinner Roll Peaches	Swedish Meatballs Egg Noodles Green Peas Carrots Wheat Dinner Roll Applesauce			

THIS MENU MEETS THE OLDER AMERICANS NUTRITIONAL ACT REQUIREMENTS, WITH DAILY SOURCES OF EITHER VITAMIN A OR C (DENOTED WITH AN ASTERISK) *MEALS ARE PREPARED BY METZ CULINARY MANAGEMENT & 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 SURVED WITH EVERY MEAL BREAD OR EQUIVALENT = 1 SERVING, MEAT OR ALTERNATIVE = 2 OZ COOKED EDITABLE PORTION, FAT = 1 TEASPOON

Lynde Mawick DRN, LDN 10/17/24