

## Senior Resource Association - MARCH 2025 - Meals Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
<b>Roasted Garlic Marsala Chicken</b> 3 oz chicken, ½ c. rotini pasta ½ c. garden vegetables ½ c. green peas/mushrooms wheat dinner roll 1 ea. Fresh fruit	<b>Pulled BBQ Pork</b> ½ c. pork ½ c. potato wedges ½ c. broccoli WG hamburger bun ½ c. fresh fruit	<b>Chicken Stir Fry</b> 3 oz chicken ¾ c. jasmine rice ½ c. Japanese vegetables ½ c. seasoned edamame ½ c. mandarin oranges	<b>Santa Fe Stew</b> ¾ c. beef ½ c. whipped potatoes ½ cup green beans w/ onions Texas bread ½ c. fresh fruit	<b>WG Breaded Fish Pollock w/ Lemon Dill Sauce</b> ½ c. winter vegetables ½ c. parsleyed carrots wheat dinner roll ½ c. pineapple tidbits
10	11	12	13	14
<b>Beef Stroganoff w/ Meatballs</b> 6 each meatballs, ½ c. egg noodles ½ c. catalina vegetables ½ c. seasoned cauliflower wheat dinner roll ½ c. pineapple tidbits	<b>Breaded Chicken w/Country Gravy</b> ½ c. whipped potatoes ½ c. cabbage Texas bread 1 ea. Fresh fruit	<b>Pork Roast w/ Poivre Sauce</b> 3 oz pork ½ c. macaroni & cheese ½ c. country vegetables ½ c. baby carrots wheat dinner roll ½ c. applesauce	<b>BBQ Cheeseburger Patty</b> ½ c. potato wedges ½ c. broccoli WG Hamburger bun 1 ea. Fresh fruit	<b>Smothered Chicken Breast</b> 3 oz chicken ½ c. corn pudding ½ c. green beans Texas bread ½ c. mandarin oranges
17	18	19	20	21
<b>Salisbury Steak w/ Steakhouse Sauce</b> 3 oz beef ½ c. green peas ½ c. carrots Texas bread ½ c. applesauce	<b>Teriyaki Chicken</b> 3 oz chicken ½ c. coconut rice ½ c. asian green beans ½ c. cauliflower Wheat dinner roll ½ c. mixed fruit	<b>Brown Sugar Glazed Ham</b> 3 oz ham ½ cup whipped potatoes ½ c. cabbage Texas bread 1 ea fresh fruit	<b>Creamy Paprika Chicken</b> ½ c. chicken, ½ c. rotini pasta ½ c. succotash ½ c. broccoli Wheat dinner roll ½ c. mandarin oranges	<b>Krab Cake</b> 3 oz krab cake ½ c. rosemary potatoes ½ c. mixed vegetables Texas bread 1 ea. Fresh fruit
24	25	26	27	28
<b>WG Chicken Tenders</b> 3 tenders ea. ½ c. hashbrowns ½ c. California vegetables Wheat dinner roll 1 ea. Fresh fruit	<b>Spaghetti Meat Sauce</b> ¾ c. meat sauce, ½ c. bowtie pasta ½ c. zucchini bake ½ c. Tuscany vegetables Wheat dinner roll ½ c. pineapple tidbits	<b>Beef Patty w/ Mushroom Gravy</b> 3 oz beef ½ c. buttermilk potatoes ½ c. broccoli Texas bread 1 ea. Fresh fruit	<b>Butter Chicken</b> 3 oz chicken ¾ c. basmati rice ½ c. Lentils w/ vegetables ½ c. ginger carrots ½ c. applesauce	<b>Shepherd's Pie</b> ¾ c. beef ½ c. whipped potatoes ½ c. herbed green beans WG biscuit ½ c. hot peaches
31				
<b>Roasted Garlic Marsala Chicken</b> 3 oz chicken, ½ c. rotini pasta ½ c. garden vegetables ½ c. green peas/mushrooms wheat dinner roll 1 ea. Fresh fruit				 <b>Senior Resource</b> ASSOCIATION

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 METZ CULINARY MANAGEMENT & APPROVED BY A CERTIFIED NUTRITIONIST.

*Lynne Marawick RDN, LDN*  
 11/26/2024 ND# 17382 FL.

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 EDIBLE PORTION. FAT = 1 TEASPOON