



Senior Resource Association – MAY 2025 - Meals Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p><b>Senior Resource ASSOCIATION</b> Promoting Independence in our Community</p>			<p align="right">1</p> <p><b>Chicken w/Biscuit Dumpling</b>                      ¾ c. chicken w/dumpling                      ½ c. green peas                      ½ c. cauliflower                      Whole grain biscuit 2 oz.                      Fresh fruit</p>	<p align="right">2</p> <p><b>Marinara Meatballs</b>                      6 each meatballs                      ¾ c. whole grain rotini pasta                      ½ c. yellow squash                      ½ c. carrots                      ½ c. pineapple tidbits</p>
<p align="right">5</p> <p><b>Chicken Cacciatore</b>                      ¾ oz chicken                      ¾ c. brown rice                      ½ c. Tuscany vegetables                      ½ c. broccoli                      Fresh fruit</p>	<p align="right">6</p> <p><b>Smothered Meatballs</b>                      6 meatballs ea.                      ½ c. whipped potatoes                      ½ c. summer vegetable blend                      Whole grain Biscuit                      ½ c. hot peaches</p>	<p align="right">7</p> <p><b>BBQ Pork Riblet</b>                      3 oz. pork                      ½ c. macaroni &amp; cheese                      ¾ c. black-eyed peas                      Whole wheat bread                      ½ c. mandarin oranges</p>	<p align="right">8</p> <p><b>Beef Patty</b>                      3 oz. beef                      ½ c. tater tots                      ½ c. dilled carrots                      Whole grain hamburger bun                      ½ c. pineapple tidbits</p>	<p align="right">9</p> <p><b>Chicken Alfredo</b>                      (pasta in entrée)                      ½ c. yellow squash                      ½ c. green beans                      Wheat dinner roll                      Fresh fruit</p>
<p align="right">12</p> <p><b>Salisbury Steak w/ Onion Gravy</b>                      3 oz. beef patty                      ½ c. Au Gratin potatoes                      ½ c. green peas                      Whole grain Biscuit                      ½ c. peaches</p>	<p align="right">13</p> <p><b>Mozzarella Chicken</b>                      (WG breading on chicken)                      3 oz. chicken                      ½ c. elbow pasta w/ tomatoes                      ½ c. Italian green beans                      ½ c. glazed carrots                      ½ c. pineapple tidbits</p>	<p align="right">14</p> <p><b>Sloppy Joe</b>                      ½ c. beef                      ½ c. crispy cubed potatoes                      ½ c. broccoli                      Whole grain hamburger bun                      Fresh fruit</p>	<p align="right">15</p> <p><b>Pork Carnitas</b>                      3 oz pork                      ¼ c. fajita onions/peppers                      ½ c. cilantro lime rice                      ½ c. fiesta black beans                      Whole wheat tortilla                      ½ c. sweet plantains</p>	<p align="right">16</p> <p><b>Chicken Noddle Bake</b>                      (pasta in entrée)                      3 oz chicken                      ½ c. mixed vegetable blend                      ½ c. cabbage                      Wheat dinner roll                      Fresh fruit</p>
<p align="right">19</p> <p><b>Sweet &amp; Sour Chicken</b>                      3 oz. chicken                      ¾ c. jasmine rice                      ½ c. Japanese vegetable blend                      ½ c. seasoned edamame                      Fresh fruit</p>	<p align="right">20</p> <p><b>Meatloaf w/ Ketchup Sauce</b>                      3 oz. beef                      ½ c. whipped potatoes                      ½ c. parslied carrots                      Whole grain biscuit                      Fruit juice blend 4 oz.</p>	<p align="right">21</p> <p><b>Tuscan Chicken Meatballs</b>                      3 ea. chicken meatballs                      ¾ c. whole grain penne pasta                      ½ c. Italian vegetable blend                      ½ c. green peas                      ½ c. mixed fruit</p>	<p align="right">22</p> <p><b>BBQ Breaded Chicken</b>                      (WG breading on chicken)                      3 oz. chicken                      ½ c. whipped sweet potatoes                      ½ c. green beans                      Wheat dinner roll                      Fresh fruit</p>	<p align="right">23</p> <p><b>Beef Frankfurter</b>                      3 oz. beef                      ½ c. baked beans                      ½ c. tater tots                      Whole grain hot dog bun                      ½ c. applesauce</p>
<p align="right">26</p> 	<p align="right">27</p> <p><b>Lemon Pepper Chicken</b>                      3 oz. chicken                      ¾ c. brown dirty rice                      ½ c. lima beans                      ½ c. okra &amp; tomatoes w/ corn                      Fresh fruit</p>	<p align="right">28</p> <p><b>Smoked Sausage</b>                      3 oz. pork                      ¼ c. onions &amp; peppers                      ½ c. baked beans                      Whole grain hot dog bun                      ½ c. hot applesauce</p>	<p align="right">29</p> <p><b>Chicken w/Biscuit Dumpling</b>                      ¾ c. chicken w/dumpling                      ½ c. green peas                      ½ c. cauliflower                      Whole grain biscuit 2 oz.                      Fresh fruit</p>	<p align="right">30</p> <p><b>Marinara Meatballs</b>                      6 each meatballs                      ¾ c. whole grain rotini pasta                      ½ c. yellow squash                      ½ c. carrots                      ½ c. pineapple tidbits</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

*Paul Douglas Rawson*  
2/10/2025 NA 5863

Elena Grieg  
MOW Operations Supervisor