# A blue and black logo  Description automatically generatedA close up of a stamp  Description automatically generatedRecipes for Senior Meal Plan

Monday

Breakfast:

Eggs

# Instructions

* Scramble or boil eggs o Whisk eggs, salt and pepper in small bowl. Use non-stick cooking spray in in non-stick skillet over medium heat.
	+ Pour in egg mixture and reduce heat to medium-low.
	+ Cook until eggs are thickened and no visible liquid egg remains.
* Toast bread and serve with margarine
* Wash and portion berries into ½ cup servings

Lunch:

Grilled Chicken with light Italian dressing

# Ingredients

6 lb Chicken breasts

6 cups of light Italian dressing (48 ounces) Instructions

* Pound the chicken with the flat side of a meat mallet or rolling pin so they are even and about

* Place chicken breasts into a marinade pan and pour in Italian dressing. Cover pan and place in the refrigerator for 4-12 hours to marinate.
* Clean and preheat your grill to 350 degrees F after marinating is done. Place chicken breasts on the grill and grill for 5 minutes, then flip and grill an additional 5 minutes or until the internal temperature of chicken is 165 degrees F.

Wild Rice

# Ingredients

6 ¾ cups of Water

3 Tbsp Margarine (optional) Instructions

* Mix 2 1/4 cups water, Rice Mix and 1 tbsp. butter or margarine (optional) in 2-quart saucepan until well blended. Bring to boil. Reduce heat to low. Cover.
* Simmer for 25 minutes or until rice is tender.
* Remove from heat. Let stand 5 minutes. Fluff with fork before serving.

Steamed Broccoli

# Ingredients

5 bags Frozen Broccoli Florets

5 cups water

Mrs. Dash Seasoning (Original or other)

# Instructions

* Empty frozen contents of bag into a large non-stick pan and add water.
* Cover and cook over medium heat for 12 minutes stirring occasionally until broccoli is tender.
* Lightly sprinkle Mrs. Dash seasoning and stir until broccoli is lightly coated.



Cooked Carrots

# Ingredients

5 lb Fresh baby carrots

5 Tbsp Olive Oil

1 ¼ tsp of salt

1 ¼ tsp of pepper

# Instructions

* Preheat the oven to 425 degrees F. Dry the carrots on a towel so the oil will adhere.
* Place carrots on a rimmed baking sheet and drizzle with oil. Sprinkle with salt and pepper. Toss until evenly coated and then spread out evenly.
* Bake for 20-25 minutes (giving them a toss halfway through) until carrots are fork tender.

Baked Apples

# Ingredients

17-18 apples peeled, cored, sliced

3 Tablespoons of lemon juice

¾ cup of brown sugar

3 Tablespoons of granulated sugar

2 Tablespoons of Cinnamon

2 Tablespoons of cornstarch

2 Tablespoons Unsalted butter

# Instructions

* Preheat the oven to 375°F.
* Peel, core, slice 17-18 apples, and transfer them to a baking dish.
* Add 1 tbsp lemon juice, ¼ cup light brown sugar, 1 tbsp granulated sugar, 2 tsp cinnamon, 2 tsp cornstarch, and mix everything together.
* Spread evenly and top with sliced 2 tbsp butter.
* Cover with foil and bake at 375°F for 30-40 minutes, stirring every 10-15 minutes.
* When done, take it out of the oven and let sit on the counter for 10 minutes before serving

Dinner:

Turkey Sandwiches

* Wash and prep sandwich toppings (slice tomatoes and lettuce)
* Assemble sandwiches with 2 oz turkey per sandwich, cheese, light mayo, and vegetables
* Heat soup on stove top to proper temperature
* Serve immediately

Gelatin with Fruit

Serve chilled

 