

Senior Resources' Agency on Aging Senior Nutrition Program is supported by funds from Title III made available under the Older Americans Act. Menu developed by Shelley Strelovsy, Culinary Director of The Kitchen at Futures. The menu meets 1/3 RDA and conforms to U.S Dietary Guidelines. Certified by Christopher Blancarte, MS, RDN



Mon	Tue	Wed	Thu	Fri
1 Baked Potato Veggie Chili (4oz) 1 oz Sour Cream Broccoli (4 oz) Cheddar Biscuit Yogurt Fruit Parfait & Granola		Turkey & Cheddar Sandwich Seasonal Tossed salad (4oz) Dressing 1 oz String Cheese Apple & Peanut Butter	3	5 Chicken Cacciatore 3oz Egg Noodles 4oz Roll & Butter String Cheese Mixed veggies 4 oz Fruit Cup 4 oz
8 Sweet and sour chicken (4oz.) Steamed white Rice (4oz.) Carrots and peas (40z) String Cheese Pear cup		Tuna Casserole (8oz) Green Beans 4oz Dinner Roll & Butter Milk Banana	10 	12 BLT Sandwich on WW Tomato Soup 8 oz String Cheese Tropical Fruit cup 4 oz
15 Chicken Alfredo (4oz) Pasta(4oz.) Roasted Mixed Veggies Roll & Butter String Cheese Apple sauce cup 		Taco meat (3oz.) with beans Taco shells (2 per person) Lettuce, cheese, salsa Spanish veggie rice (4oz.) Milk Orange	17	19 Fish Filet Sandwich Lettuce & Tartar Sauce Bun Minestrone SOUP String Cheese Rasins
22 Beef Bolognese (4 oz) Ziti /sauce(4oz) Salad apples and cran(4oz) Dinner Roll & Butter Yogurt w/berries/cranola (3oz)		 	24 	26 
29 Swedish meatballs (3oz) Egg Noodles 4oz Mixed veggies (4oz) Dinner Roll & Butter Milk Apple Sauce		Salisbury Steak (3oz.) Mashed Potatoes (4oz.) Broccoli (4oz.) Milk 	31 *Menus are subject to change due to seasonality and product availability.	FOOD ALLERGY WARNING Please be advised that our food may have come in contact or contain peanuts, tree nuts, soy, milk, eggs, wheat, shellfish, or fish. Please advise a staff member of any food allergies prior to consumption of meals.