

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 Strelowsky, 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



*All meals come with milk as the dairy offering, unless string cheese or yogurt is included.

Suggested Donation: \$4.00

please call by 12:00p, the day before your reservation

Sun	Mon	Tue	Wed	Thu	Fri	Sat
####	*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 consumptions of meals.		Did you know? Pre-cut fruits like watermelon costs up to 3x more at the store than if you cut it up yourself!	1 4 oz Sweet & Sour Chicken 4 oz Sesame Scallion Rice 4 oz Cucumber Tomato Salad Fortune Cookie & Chopsticks Milk 4 oz Pineapple Cup	2
3	4 5 oz Italian Sausage & Peppers 1 Sub Roll 1 Corn on The Cob & Butter String Cheese 4 oz Fruit Cup	5 Tuna Sandwich Lettuce & Tomato	6 3 oz Polynesian BBQ Chicken 4 oz Rice Pilaf 4 oz Tomato Cucumber Salad Cornbread Milk 4 oz Melon	7 Pasta W/ Meatsauce Salad Garlic Breaad	8 3 oz Shrimp Scampi 4 oz Spaghetti Dinner Roll & Butter 4 oz Pesto Summer Squashes Box of Raisins String Cheese	9
10	11 Baked Potato 4 oz Veggie Chili 2 oz Cheese 2 oz Sour Cream 4 oz Broccoli Cheddar Biscuit & Butter Yogurt Parfait, Berries	12 Meatloaf W/ gravy Mashed Potatoes Corn	13 Turkey Club Sandwich 8 oz Broccoli Cheddar Soup 4 oz Tossed Salad 1 oz Dressing String Cheese 4 oz Pears	14 Hot Dog Beans	15 3 oz Grilled Chicken 2 oz Mango Salsa 4 oz Mexican Corn Salad Dinner Roll & Butter Milk Bottle 4 oz Grapes	16
17	18 3 oz Herb Grilled Chicken 2 oz Tzatziki Sauce 4 oz Grilled Vegetables 4 oz Potato Wedges 1 Pita Pocket Watermelon & Milk Bottle	19 Mac & Cheese Steamed Broccoli	20 4 oz Fish Fillet Sandwich 2 oz Tartar Sauce 2 oz Lettuce 2 oz Cheese 8 oz Tomato Basil Bisque 1 Chocolate Chip Cookie 4 oz Applesauce & Milk Bottle	21 Cheeseburger Potato Salad	22 8 oz Tuna Casserole 4 oz Green Beans Dinner Roll & Butter Milk Bottle Banana	23
24	25 3 oz Chicken Waldorf Sandwich 1 Bun 2 oz Lettuce, 2 oz Tomato, Pickle 4 oz Potato Wedges String Cheese Watermelon	26 Tomatoe Soup Grilled cheese Sandwich	27 4 oz Roasted Salmon 4 oz Summer Squashes 4 oz Scalloped Potatoes Dinner Roll & Butter String Cheese Birthday Cupcake	28 Pork Roast Roasted Potatoes Salad	29 3 oz Shaved Steak 2 oz Roasted Peppers & Onions 4 oz Potato Salad WW Sub Roll String Cheese 4 oz Fruit Cup	