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 Strelovsky, 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. | | | | | |
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| | | | Suggested Donation \$4.00 | | |
| *Menus are subject to change due to seasonality and product availability. | | | Wed | Thu | Fri Sat |
| 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. | | | Bistro Turkey Sandwich Mashed Potatoes (4oz.) Broccoli (4oz.) Milk Brownie 1/2 | Pork Tenderloin Rice Pilaf Peas & Carrots | Sloppy Joe Sandwich 3 oz Green Beans 4 oz Sweet Potato Fries 4 oz Milk Apple w/ nut butter |
| | BLT Sandwich Tomato Soup 8 oz Sliced Bread Whole Wheat Tropical Fruit Cup 4 oz C. Chip Cookie String Cheese | 7 Pasta W/ Meatsauce Salad Garlic Bread | Chicken Salad 3 oz Roll Lettuce, Tomato, Onion, Pickle String Cheese Baked Fries 4 oz Apple | 9 Meatloaf W/ gravy Mashed Potatoes Corn | Herb Pork Tenderloin 3oz + Gravy Roll & Butter Southern Greens (4oz) Sweet potatoes (4 oz) String Cheese |
| 12 | CLOSED! | 14 Chicken Parmesian W/ sauce Caprese Salad Garlic Bread | Taco Meat (3oz.) Taco Shells (2 per person) Lettuce, Cheese, Salsa Spanish Veggie Rice (4oz.) Milk Orange | Tuna Salad Sandwich W/ Lettuce & Tomatoe Fruit Salad | Greek Feta Chicken Burger Bun & Tzatiki Sauce 2 oz Tomatoe cucumber salad 4 oz Sweet Potato Wedges (4oz) String Cheese Orange |
| | Grilled Chicken, Mango (4oz.) Mexican corn Salad (4oz.) Roll & Butter Cup of Grapes 4 oz String Cheese | 21 Tomatoe Soup Grilled Cheese Sandwich | | 23 Scrambled Eggs French Toast Bacon | |
| | Sausage Pepper/Onion (5oz.) Sub Roll Mixed Vegetables Pad of Butter String Cheese Pumpkin Bread Slice | Mac & Cheese W/ steamed broccoli | Turkey Club Sandwich Broccoli cheddar Soup 8 oz Seasonal Tossed salad (4oz) Dressing 1 oz String Cheese Birthday Cupcake | 30 Beef Stew Salad Bread | Sliced ham 3 oz Macaroni & Cheese 4 oz Mixed Veggies 4 oz Fruit Cup 4 oz Dinner Roll & Butter String cheese |