

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







# December

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

**Suggested Donation : \$ 4.00 Please Call: 873-5034**

**To Make your Lunch Reservation!!**

2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
###	1	2	3	4	5	6
	Baked Potato Veggie Chili (4oz) 1 oz Sour Cream Broccoli (4 oz) Cheddar Biscuit Yogurt Fruit Parfait & Granola	Cheeseburger W/ all the fixings	Turkey & Cheddar Sandwich Seasonal Tossed salad (4oz) Dressing 1 oz String Cheese Apple & Peanut Butter	Pot Roast Mashed Potatoes Corn	Chicken Cacciatore 3oz Egg Noodles 4oz Roll & Butter String Cheese Mixed veggies 4 oz Fruit Cup 4 oz	
7	8	9	10	11	12	13
	Sweet and sour chicken (4oz.) Steamed white Rice (4oz.) Carrots and peas (40z) String Cheese Pear cup	Tuna Salad Sandwich W/ lettuce & tomatoe Soup	<b>HOLIDAY LUNCHEON!!</b> 	Pork Tenderloin Mashed Potatoes Corn	BLT Sandwich on WW Tomato Soup 8 oz String Cheese Tropical Fruit cup 4 oz	
14	15	16	17	18	19	20
	Chicken Alfredo (4oz) Pasta(4oz.) Roasted Mixed Veggies Roll & Butter String Cheese Apple sauce cup	Sausage & Pepper Grinder	Taco meat (3oz.) with beans Taco shells (2 per person) Lettuce, cheese, salsa Spanish veggie rice (4oz.) Milk Orange	Hot Dog Beans	Mac & cheese Tomatoe Soup	
21	22	23	24	25	26	27
	Beef Bolognese ( 4 oz) Ziti /sauce(4oz) Salad apples and cran(4oz) Dinner Roll & Butter Yogurt w/berries/cranola (3oz)	Stuffed Chicken Mashed Potatoes Green Beans	No Lunch! Closing @ 12:00pm 		Stuffed Peppers (4oz) Rice Pilaf 4 oz Garlic Bread String cheese Grapes 4 oz	
28	29	30	31	<div style="display: flex; justify-content: space-between;"> <div style="background-color: red; color: white; padding: 10px; width: 40%;"> <b>*Menus are subject to change due to seasonality and product availability.</b> </div> <div style="width: 55%;"> <b>FOOD ALLERGY WARNING</b> 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.           </div> </div>		
	<b>NEW YEAR'S LUNCHEON!!</b>	Breakfast For Lunch Scrambled Eggs Bacon French Toast	No Lunch! Closing @ 12:00pm			