

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

January

***SUGGESTED DONATION \$4.00 Please call 860-873-5034 to make a reservation by 12 noon the day before**

2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat					
####		29	30	31	1	2					
*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.				3					
4	Salsbury Steak (3oz.) Mashed Potatoes (4oz.) Milk Mixed Veggies Roll & Butter	5	BEEF STEW SALAD Bread	6	Fish Fillet sandwich Potato Salad 4 oz Green Beans 4 oz Roll & Butter String cheese Raisins	7	MEATLOAF MASHED POTATO GRAVY CORN	8	Turkey & Cheddar Sandwich Roll Creamy Tomato soup 8 oz String Cheese Apple w/ PB	9	10
11	Marinara Sauce Glazed carrots 4 oz Roll & Butter Milk Apple sauce cup	12	KABOBS W/SAUSAGE LOADED BAKED POTATO	13	Grilled Chicken Fajitas (3oz.) Soft taco shells (2 per person) Lettuce, cheese, salsa Milk Fruit Cup 4 oz	14	BBQ RIBS POTATO SALAD	15	Shrimp Scampi (3oz.) Spaghetti Noodles (4oz) Green Beans Roll & Butter Milk Bottle Raisins	16	17
18	S 	19	CHEESE STUFFED SHELLS SAUCE SALAD	20	Tuna Casserole (8oz) Green Beans (4oz) Cheddar Biscuit Pad of Butter String Cheese Melon	21	HAM SANDWICH LETTUCE & TOMATO COLE SLAW	22	Cheese Burger w/ Bun Potato Wedges Lettuce, Tomato, Onion Milk Bottle Pineapple cup C. Chip Cookie	23	24
25	Sausage Peppers & Onions 5oz Mixed Vegetables Milk Fruit Cup 4 oz	26	BEEF TACOS W/ ALL THE FIXINGS	27	Grilled Chicken Yogurt Sauce Mixed veggies 4 oz Potatoes Wedges Flatbread Milk Birthday Cupcake	28	BLT SANDWICH BROCCOLI & CHEESE SOUP	29	Chicken Parm (3oz) Spaghetti w/ sauce (4oz) Steamed Carrots (4oz) Dinner Roll & Butter String Cheese Fruit cup 4 oz	30	

