

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

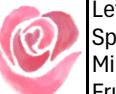
# February

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

**Suggested Donation: \$4.00**

873-5034 by 12:00p day before for Reservation

2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat					
####	2	Baked Potato Veggie Chili 4oz 1 oz Sour Cream Broccoli (4 oz) Cheddar Biscuit & Butter Yogurt w/berries/Granola 	3	Meatloaf Mashed Potatos Corn	4	Beef Shepards Pie 8 oz Roll & Butter Milk Bottle Mixed veggies 4 oz Orange 4oz	5	Penne A La Vodka Salad 	6	Turkey club sandwich Broccoli Cheddar Soup 8 oz Tossed salad & Dressing (4oz) String Cheese Applesauce 4 oz	7
8	9	Lasagna 8oz Roll and butter California Veggie Medley 4 oz String Cheese Pear cup 4 oz	10	Mac & Cheese Steamed Broccoli	11	Tuna Casserole (8oz) Green Beans 4oz Dinner Roll & Butter Milk Banana	12	Stuffed Chicken Breast Gravy Mashed Potatoes Carrots	13	Glazed Cranberry Pork Tenderloin Heart shaped Caprese Salad Sweetie Potato Valentine's Day Cookie Milk	14
15	16		17	Meatball Grinder 	18	Taco Meat & Pinto Beans (3oz.) Taco shells Lettuce, cheese, salsa Spanish veggie rice (4oz.) Milk Fruit Cup 4 oz	19	B.L.T. Sandwich Broccoli & Cheese Soup	20	Roasted Salmon (4oz.) Roasted Root Veggies (4oz.) Asparagus 4 oz Roll & Butter String Cheese Raisins	21
22	23	Beef Bolognese ( 4 oz) Pasta (4oz) Green Salad apples/cran(4oz) Dinner Roll & Butter Milk Fruit Cup 4 oz	24	Grilled Cheese Sandwich Tomatoe Soup	25	Chicken Parm (3oz) Pasta with Sauce 4 oz Roll & Butter Mixed veggies (4oz) Milk Birthday Cupcake 	26	Hot Dog Beans 	27	Chicken Salad Sandwich Minestrone Soup 4 oz Bun Lettuce Tomato, pickles String cheese Grapes 4 oz	28
		<b>Heart Health Month Tips:</b> For heart-healthy nutrition, aim to consume whole grains, fruits, vegetables, lean animal protein, and fats derived from plant sources, which can be heart protective.		<b>*Menus are subject to change due to seasonality and product availability.</b>		<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.					