



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



| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|--|---|---|---|--|-----|
| ### | 2 Baked Potato Veggie Chili (4oz) Sour cream 1 oz Broccoli (4 oz) Cheddar Biscuit & Butter Yogurt, Berries & Granola Parfait | Turkey Pot Pie W/ Salad | 4 Eggplant Parm 8 oz Ziti with marinara 4 oz Garlic Bread Mixed veggies (4oz) Milk Orange | 5 Meatloaf W/ gravy Mashed Potatoes Corn | 6 Fish Cakes 3 oz & Tartar Sauce Cous Cous Pilaf 4 oz Roasted Cauliflower 3 oz Roll & Butter Milk Applesauce | 7 |
| 8 | 9 Sweet and Sour chicken (4oz.) Steamed white Rice (4oz.) Stir Fry Veggies 4 oz String Cheese Pear cup 4 oz | 10 Stuffed Shells W/ sauce Salad Bread | 11 Barbeque chicken legs 3 oz Glazed sweet potatoes 4 oz Cole Slaw 4 oz Cornbread & Butter String Cheese Fruit Cup 4 oz | 12 Pork Tenderloin W/ gravy Roasted Potatoes Carrots | 13 Tuna Casserole (8oz) Green Beans 4oz Dinner Roll & Butter String Cheese Mandarin fruit cup 4 oz | 14 |
| 15 | 16 Tuna Salad Sandwich Lettuce & Tomato  | 17 Happy St. Patrick's Day Luncheon Cornbeef & Cabbage Lunch | 18 Beef Taco meat (4oz.) Taco shells (2) Lettuce, cheese, salsa Spanish Veggie Rice (4oz.) Milk Fruit Cocktail 4 oz | 19 Stuffed Peppers Glazed Carrots | 20 Roasted Salmon (4oz.) Roasted Squashes (4oz.) Red Bliss Potatoes 4 oz Roll & Butter String Cheese Raisins | 21 |
| 22 | 23 Beef Bolognese (4 oz) Ziti /sauce(4oz) Mixed Veggies 4 oz Dinner Roll & butter String cheese | 24 B.L.T. Sandwich Broccoli Cheddar Soup | 25 Chicken & sausage gumbo 8 oz Herbed rice 4 oz Roll/Butter Green Beans 4 oz String Cheese Birthday Cupcake  | 26 Grilled Chicken Ceasar Salad | 27 Shrimp Scampi 3 oz Spaghetti noodles 4 oz Peas & Carrots 4 oz Butter & Roll String cheese Raisins | 28 |
| 29 | 30 Asian chicken and Broccoli Fried rice 4 oz Mixed veggies (4oz) Fortune Cookie String cheese Apple Sauce | 31 Breakfast For Lunch Eggs Bacon French Toast | *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. | |