

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
<p><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.</p>						
			1	2	3	4
			Salisbury Steak 3oz. Mashed Potatoes 4oz. Broccoli 4oz. Milk Brownie Bite	Lasagna W/ sauce Salad Bread	Honey Garlic Salmon 4 oz Scalloped Potatoes 4oz Roasted Squashes 4 oz Cheddar Biscuit & Butter String Cheese Pineapple cup 4 oz	
5	6	7	8	9	10	11
Baked Potato Veggie Chili 4 oz Sour cream 1 oz Broccoli 4 oz Cheddar Biscuit & butter Yogurt w/berries/Granola Parfait	Mac & Cheese Steamed Broccoli	Turkey Pot Pie Spring Veggie Medley 4oz Roll & Butter Milk Bottle Orange	Meatloaf W/ gravy Mashed Potatoes Corn	Sweet and sour chicken (4oz.) Steamed white Rice (4oz.) Steamed carrots & peas (4oz) String Cheese Pear cup 4 oz		
12	13	14	15	16	17	18
Chicken Francese 3 oz Steamed white Rice 4oz. Roasted Veggies 4 oz String Cheese Pear cup 4 oz	Baked Zita W/ meat sauce Roasted Veggies Bread	Chicken marsala 3 oz Glazed sweet potatoes 4 oz Asparagus 4oz Dinner Roll & Butter String Cheese & Orange	Turkey Sandwich W/ Lettuce & Tomatoe Broccoli & Cheese Soup	Cheeseburger 4 oz Lettuce Tomato, pickles Mediterranean pasta salad 4oz Yogurt w/ fruit/uGranola 3oz		
19	20	21	22	23	24	25
Shaved Steak Sandwich 3 oz Seasonal mixed veggies 4 oz Sub Roll String cheese Fruit Cup 4 oz	Grilled Cheese Sandwich Tomato Soup	Chicken Fajitas 3 oz Taco shells (2 per person) Lettuce, cheese, salsa Veggie Spanish Rice (4oz.) Milk & Apple	Meatball Grinder Pasta Salad	Fish Fillet Sandwich (4oz.) Lettuce, Tomato Potato Wedges 4 oz Tartar Sauce String Cheese Raisins		
26	27	28	29	30		
Sliced ham 3 oz Macaroni & Cheese 4 oz Mixed Veggies 4 oz Fruit Cup 4 oz Milk	Hot Dog W/ bun Beans	Chicken & stuffing casserole 8 oz Roll/Butter Green Beans 4 oz Milk Birthday Cupcake	Chicken Parm. Caprese Salad Bread	<p><b>*Menus are subject to change due to seasonality and product availability.</b></p>		