

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



# May

**\*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 for a lunch reservation**

## 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p><b>*Menus are subject to change due to seasonality and product availability.</b></p>		<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>		<p>Shrimp Scampi 3 oz Spaghetti 4 oz Peas 4 oz Roll &amp; Butter Raisins Milk</p> 	1 2
3	<p>Turkey Salisbury Steak (3oz.) Mashed Potatoes(4oz.) Carrots (4oz.) Dinner Roll &amp; Butter String cheese Cranberry Sauce 4 oz</p>	<p>Beef Tacos W/ all the Fixings</p>	 <p>Herb pork tenderloin 3 oz Glazed sweet potatoes 4 oz Broccoli 4oz. Applesauce 4 oz Milk Dinner Roll &amp; butter</p>	<p>Chicken Casserole Cole-slaw</p>	<p>Asian Honey Garlic Salmon 4 oz Scallion Sesame Rice (4oz) Cucumber Tomato Salad 4 oz Fortune Cookie Pineapple Cup 4 oz Milk</p>	4 5 6 7 8 9
10	<p>Baked Potato Veggie Chili (4oz) Sour Cream Broccoli (4 oz) Cheddar Biscuit &amp; Butter Yogart Fruit Parfait/Granola</p>	<p>Penny-A-La-Vodka Salad Bread</p>	<p>Asian Turkey burger 3 oz Asian Coleslaw 4 oz Bun Milk Baked sweet potato Fries 4 oz Fruit Cup 4 oz</p>	<p>Meatloaf W/ gravy Mashed Potatoes Corn</p> 	<p>Tuna Sandwich 3 oz Broccoli Cheddar soup 8 oz Lettuce, Tomato 4 oz Bun Milk Applesauce 4 oz</p>	11 12 13 14 15 16
17	<p>Coconut Curry Chicken Stew Steamed white Rice (4oz.) Roasted Veggies 4 oz Milk Pear cup Dinner Roll &amp; Butter</p>	<p>Apple Cran chicken Salad Lettuce, Tomato</p>	<p>Chicken alfredo 4 oz Pasta Noodles 4oz. Green beans 4oz String Cheese Orange</p>	<p>Tuna Sandwich Potato Salad</p>	<p>Baked Ziti 8 oz Meat Sauce 4 oz Cauliflower &amp; Broccoli Butter/Roll Milk Apple</p>	18 19 20 21 22 23
24		<p>BLT Sandwich Pickle</p>	 <p>Turkey Pot Pie Spring Veggie Medley 4oz Roll &amp; Butter Milk Bottle Birthday Cupcake</p>	<p>Hot Dog W/all the Fixings Baked Beans</p>	<p>Sesame Chicken Stir-Fry 4 oz Fried rice 4 oz Mixed veggies in stir fry (4oz) Dinner Roll &amp; Butter String cheese Apple Sauce</p>	25 26 27 28 29