


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
###	1	2	3	4	5	6
	Shredded Chicken Tacos 3 oz Taco shells (2 per person) Lettuce, cheese, sour cream Rice and Refried Beans 4 oz Milk Fruit Cup 4 oz	Shaved Steak Grinder W/ cheese pepper & onions	Swedish Meatballs 3 oz pasta noodles (4oz.) Broccoli (4oz.) String cheese oreo bar bite Applesauce 4 oz	BBQ Ribs Potato Salad	Asian Honey Garlic Salmon 4 oz Scallion Sesame Rice (4oz) Cucumber Tomato Salad 4 oz Fortune Cookie Pineapple Cup 4 oz Milk	
7	8	9	10	11	12	13
Baked Potato Veggie Chili (4 oz) Sour cream 1 oz Broccoli (4 oz) Cheddar Biscuit & Butter Yogurt, Berries & Granola Parfait	Mac & Cheese Steamed Broccoli	BBQ Cheddar Turkey Burger Coleslaw 4 oz WW Bun Milk Baked sweet potato 4 oz Orange	Meatloaf W/ gravy Mashed Potatoes Corn	Ham & Cheese WW Sandwich Broccoli/cheddar soup 8 oz Seasonal Tossed salad (4oz) String Cheese Applesauce		
14	15	16	17	18	19	20
Tuna Salad sandwich 3 oz Minestrone soup 8 oz Lettuce, Tomato 4 oz WW Bread Milk Pear cup 4 oz	Sweet & Sour Chicken Stir-fry veggies	BBQ Pork Tenderloin 4 oz Glazed sweet potatoes 4 oz Roast summer squash 4oz WW Dinner Roll & Butter String Cheese Orange	Baked Ziti W/ meatsauce Salad	Turkey Sandwich Lettuce/ tomato pickle		
21	22	23	24	25	26	27
Bacon and Swiss burger 4 oz seasonal mixed veggies 4 oz Potato Wedges 4 oz WW Bun String cheese Fruit Cup	Stuffed Chix Breast Mixed veggies	BLT WW Bread Corn & Potato Chowder 8 oz String cheese Birthday Cupcake 	Egg, sausage & Cheese Breakfast sandwich Fruit salad	Barbeque Pulled Chicken 3 oz WW Roll Potato Wedges 4 oz Coleslaw 4 oz Yogurt w/berries/Granola(3oz)		
28	29	30	<p>*Menus are subject to change due to seasonality and product availability.</p>		<p>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.</p>	
Sliced ham 3 oz Macaroni & Cheese 4 oz Mixed peas, corn, carrots 4 oz Fruit Cup 4 oz Milk	Hot Dog W/ bun all the fixings Cole-slaw					