

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



July

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

Suggested Donation: \$4.00/ (860) 873-5034 by 12:00 noon to make your Lunch Reservation

2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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.			1	2	3	4
			Baked Stuffed Chicken 3 oz Stuffing (inside) 4 oz WW Roll/Butter Green Beans 4 oz Milk Applesauce 4 oz	Grilled Chicken Ceasar Salad	*Menus are subject to change due to seasonality and product availability.	
5	6	7	8	9	10	11
Baked Potato Veggie Chili (4oz) Sour cream 1 oz Broccoli (4 oz) Cheddar Biscuit & Butter Yogurt, Berries & Granola Parfait	Cheeseburger W/ all the fixings	Marry Me Chicken 3 oz Mixed veggies 4oz Barley Pilaf 4 oz String Cheese WW Roll & Butter Orange	Meatloaf Mashed Potatoes Corn	Ham & Cheese Sandwich WW Bread Slices Vegetarian Bean Soup 8 oz Tossed Salad & Dressing 4oz String Cheese Applesauce 4 oz		
12	13	14	15	16	17	18
Caprese Chicken 3 oz Summer Quinoa Salad 4 oz Roasted Veggies 4 oz String cheese Fruit Cup 4 oz	Sweet Sour Chicken W/ stirfry veggies Rice	Chicken salad sandwich 3 oz Veggie & Tortellini Soup 8 oz Chocolate Chip Cookie Lettuce, Tomato Milk Apple Sauce	Meatball Grinder W/ cheese	Tuna Casserole 8oz Green Beans 4oz WW Roll & Butter String cheese Fruit Cup 4 oz		
19	20	21	22	23	24	25
Turkey Salisbury Steak 3 oz Veggie Blend 4 oz Mashed potatoes 4 oz WW Roll & Butter String cheese Fruit Cup 4 oz	Hotdog w/ bun Beans	Shepherds Pie 8 oz Mixed veggies 4oz WW Dinner Roll & Butter String cheese Apple Sauce	B.L.T. Sandwich Fruit Salad	Summer Shrimp Salad Roll 3 oz Hot dog Bun Potato Wedges 4 oz Coleslaw 4 oz Yogurt Fruit Granola 4 oz		
26	27	28	29	30	31	
Beef Tacos 3 oz Tortillas (2 per person) Lettuce, cheese, sour cream Rice and Refried Beans Milk Fruit Cup 4 oz	Mac & Cheese Steamed Broccoli	Sweet and Sour meatballs 3 oz Brown Rice Pilaf 4 oz Broccoli 4oz. Milk Birthday Cupcake 	Sausage, Egg & Cheese Sandwich Fruit Salad	Sweet and Sour Chicken 3 oz Scallion Sesame Brown Rice 4 oz Cucumber Tomato Salad 4 oz Milk Pineapple Cup		