

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



September

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

Suggested Donation: \$4.00/ 873-5034 to make reservation

by 12:00pm day before,

2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
###	*Menus are subject to change due to seasonality and product availability.	1 Hot Dog W/ bun All the fixings Beans 	2 BLT Sandwich (w/ Mayo packet) 8 oz Tomato Soup 4 oz Lettuce and Tomato Milk WW Bread 2 Slices 4 oz Tropical Fruit Cup	3 Chicken Pot Pie	4 3 oz Lemon Chicken 4 oz Brown Rice Pilaf 4 oz Creamed Spinach WW Dinner Roll & Butter String Cheese 4 oz Grapes 	5
6	7 	8 Tomato Soup Grilled Cheese Sandwich	9 3 oz Tuna Salad Sandwich 1 Bun 4 oz Lettuce and Tomato 4 oz Veggie Minestrone Soup Yogurt Parfait, Fruit & Granola	10 Meatloaf W/ gravy Mashed Potatoes Corn	11 3 oz Summer Shrimp Roll 1 Hot Dog Bun 4 oz Potato Wedges 4 oz Coleslaw Yogurt Parfait, Berries, Granola	12
13	14 3 oz Egg Salad Sandwich 1 Bun 4 oz Lettuce and Tomato 8 oz Baked Potato Soup Milk 4 oz Mixed Fruit Cup	15 Mac & Cheese Steamed Broccoli	16 3 oz Sloppy Joe Sandwich 1 Bun 4 oz Potato Wedges 4 oz Coleslaw String Cheese Applesauce 	17 Cheeseburger W/ all the fixings Potato Salad	18 5 oz Beef & Bean Burrito 4 oz Confetti Quinoa 4 oz Fiesta Veggies 4 oz Applesauce Milk	19
20	21 3 oz BBQ Pulled Pork Sandwich 1 Bun 4 oz Corn on the cob Butter String Cheese 4 oz Melon 	22 Scrambled Eggs Bacon Fruit Salad	23 3 oz Chicken Salad Sandwich 8 oz Baked Potato Soup 1 Bun Milk Birthday Cupcake 	24 Lasagna Salad Garlic Bread	25 3 oz Grilled Balsamic Chicken Breast 4 oz Greek Salad 4 oz Potato Wedges WW Dinner Roll & Butter Milk Apple & PB	
27	28 3 oz Chicken Parm 4 oz WW Pasta with Sauce 4 oz Green Beans WW Dinner Roll & Butter String Cheese 4 oz Fruit Cup	29 Taco's W/ all the fixings	30 Bistro Turkey Sandwich 4 oz Mashed Potatoes 4 oz Peas Milk Brownie Bite	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.		