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
	***Menus are subject to change due to seasonality and product availability.**	**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 Sweet & Sour Chicken Steamed Rice Carrots	2 Sloppy Joe Sandwich 3 oz Green Beans 4oz Sweet Potato fries 4 oz Milk Apple w/nut butter	3
4	5 Baked Potato Veggie Chili (3oz) 2 oz Cheese 4 oz Brocolli Cheddar Biscuit & Butter Yogurt w/berries/Granola	6 Pot Roast w/ gravy Mashed Potatoes Corn	7 Chicken salad Sandwich WW Roll 4 oz Lettuce, Tomato, Onion String Cheese 4 oz Baked Fries Apple	8 Stuffed Peppers Glazed Carrots	9 3oz Roasted Turkey with Gravy 4 oz Mashed Potatoes Carrots (4oz.) WW Dinner Roll & butter String Cheese 45 oz Cranberry Sauce	10
11	12 Columbus Day Observed CLOSED	13 Chicken Parm. Caprese Salad Garlic Bread	14 3 oz Taco meat Small Tortillas (2 per person) Lettuce, cheese, salsa 4 oz Spanish Veggie Rice Milk Orange	15 Beef Stew Bread	16 Greek Feta Chicken Burger WW Bun & Tzatiki Sauce 2 oz 4 oz Roasted Veggies 4 oz Sweet Potato wedges String Cheese 4 oz Mixed Fruit Cup	17
18	19 Grilled Chicken, Mango (4oz.) 4 oz Mexican corn Salad WW Roll & Butter 4 oz Grapes String Cheese	20 Tortalini W/ Alfredo Sauce Garlic Bread	21 BLT Sandwich Tomato Soup 8 oz WW Sliced Bread 4 oz Tropical Fruit cup Birthday Cupcake Lunch Special	22 Pork Tenderloin W/ gravy Mashed Potatoes Green Beans	23 8 oz Tuna Casserole WW Pasta 4 oz Green Beans WW Dinner Roll & Butter String Cheese 4 oz Melon	24
25	26 5 oz Sausage, Peppers & Onion Sub Sandwich Roll 4 oz Mixed Vegetables String Cheese Pumpkin Bread Slice	27 Ziti W/ Meat Sauce Salad Bread	28 Turkey Club Sandwich 8 oz Broccoli cheddar Soup 4 oz Seasonal Tossed salad Dressing 1 oz String Cheese 4 oz Applesauce	29 Pulled Pork W/ Veggie Stir-Fry	30 3 oz Ginger Garlic Turkey Meatballs 4 oz Asian Coleslaw 4 oz Brown Fried Rice String Cheese Pineapple Cup 4 oz	31