

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



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

Suggested Donation: \$3.00 Hot Meal, \$4.50 Special Meals

Make any checks out to Senior Resources

2025

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.		Did you know? Pre-cut fruits like watermelon costs up to 3x more at the store than if you cut it up yourself!	1	2
3	5 oz Italian Sausage & Peppers 1 Sub Roll 1 Corn on The Cob & Butter String Cheese 4 oz Fruit Cup	4	3 oz Polynesian BBQ Chicken 4 oz Rice Pilaf 4 oz Tomato Cucumber Salad Cornbread Milk 4 oz Melon	6	7	8
10	Baked Potato 4 oz Veggie Chili 2 oz Cheese 2 oz Sour Cream 4 oz Broccoli Cheddar Biscuit & Butter Yogurt Parfait, Berries	11	Turkey Club Sandwich 8 oz Broccoli Cheddar Soup 4 oz Tossed Salad 1 oz Dressing String Cheese 4 oz Pears	13	14	15
17	3 oz Herb Grilled Chicken 2 oz Tzatziki Sauce 4 oz Grilled Vegetables 4 oz Potato Wedges 1 Pita Pocket Watermelon & Milk Bottle	18	4 oz Fish Fillet Sandwich 2 oz Tartar Sauce 2 oz Lettuce 2 oz Cheese 8 oz Tomato Basil Bisque 1 Chocolate Chip Cookie 4 oz Applesauce & Milk Bottle	20	21	22
24	3 oz Chicken Waldorf Sandwich 1 Bun 2 oz Lettuce, 2 oz Tomato, Pickle 4 oz Potato Wedges String Cheese Watermelon	25	4 oz Roasted Salmon 4 oz Summer Squashes 4 oz Scalloped Potatoes Dinner Roll & Butter String Cheese Birthday Cupcake	27	28	29

