

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
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	1 BLT Sandwich 2 Slices Sourdough Bread Tomato Basil Bisque 2 oz Lettuce 2 oz Tomato 4 oz Tropical Fruit Cup Milk		3 3 oz Crispy Fish Cakes 2 oz Tartar Sauce 4 oz Cran Almond Cous Cous 4 oz Pesto Summer Squashes Dinner Roll & Butter Milk & Box of Raisins			6
7	8		10 3 oz Meatloaf & Gravy 4 oz Peas and Carrots 4 oz Smashed Potatoes Dinner Roll & Butter Yogurt Parfait, fruit & Granola			13
14	15 3 oz Egg Salad Sandwich 1 Bun 2 oz Lettuce 2 oz Tomato 1 Pickle 8 oz Baked Potato Soup Yogurt Parfait, Berries & Granola		17 3 oz Fish Fillet Sandwich 1 Bun 4 oz Potato Wedges 4 oz Coleslaw String Cheese Applesauce			20
21	22 3 oz BBQ Pulled Pork Sandwich 1 Bun 4 oz Corn on the cob Butter String Cheese 4 oz Melon 		24 4 oz Chicken Marsala 4 oz Roasted Veggie Medley 4 oz Yellow Rice Milk 4 oz Peach Cup Birthday Cupcake  			27
28	29 3 oz Chicken Parm 4 oz Pasta with Sauce 4 oz Green Beans Dinner Roll & Butter String Cheese 4 oz Fruit Cup		*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.		