

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



# January

**\*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

2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
###	29	30	31	1	2	3
<div style="background-color: #ff00ff; color: white; padding: 10px; border: 1px solid black;"> <b>*Menus are subject to change due to seasonality and product availability.</b> </div>		<div style="background-color: #fff9c4; padding: 10px; border: 1px solid black;"> <b>FOOD ALLERGY WARNING</b> 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.         </div>				
4	5	6	7	8	9	10
	Salsbury Steak (3oz.) Mashed Potatoes (4oz.) Milk Mixed Veggies Roll & Butter		Fish Fillet sandwich Potato Salad 4 oz Green Beans 4 oz Roll & Butter String cheese Raisins			
11	12	13	14	15	16	17
	3 Cheese Ravioli (4oz.) Marinara Sauce Glazed carrots 4 oz Roll & Butter Milk Apple sauce cup		Grilled Chicken Fajitas (3oz.) Soft taco shells (2 per person) Lettuce, cheese, salsa Milk Fruit Cup 4 oz			
18	19	20	21	22	23	24
			Tuna Casserole (8oz) Green Beans (4oz) Cheddar Biscuit Pad of Butter String Cheese Melon			
25	26	27	28	29	30	
	Sausage Peppers & Onions 5oz Sub Roll Mixed Vegetables Milk Fruit Cup 4 oz		Grilled Chicken Yogurt Sauce Mixed veggies 4 oz Potatoes Wedges Flatbread Milk Birthday Cupcake			

