

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
*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.				
4	Salsbury Steak (3oz.) Mashed Potatoes (4oz.) Milk Mixed Veggies Roll & Butter	5	6	7	8	9 10
11	3 Cheese Ravioli (4oz.) Marinara Sauce Glazed carrots 4 oz Roll & Butter Milk Apple sauce cup	12	13	14	15	16 17
18		19	20	21	22	23 24
25	Sausage Peppers & Onions 5oz Sub Roll Mixed Vegetables Milk Fruit Cup 4 oz	26	27	28	29	30