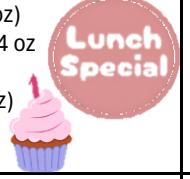
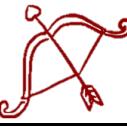


Senior Resources' Agency on Aging Senior Nutrition Program is supported by funds from Title III made available under the Older Americans Act. Menu developed by Shelley Strelovsky, Culinary Director of The Kitchen at Futures. The menu meets 1/3 RDA and conforms to U.S Dietary Guidelines. Certified by Christopher Blancarte. MS, RDN



Sun	Mon	Tue	Wed	Thu	Fri	Sat
####	2 Baked Potato Veggie Chili 4oz 1 oz Sour Cream Broccoli (4 oz) Cheddar Biscuit & Butter Yogurt w/berries/Granola 	3	4 Beef Shepards Pie 8 oz Roll & Butter Milk Bottle Mixed veggies 4 oz Orange 4oz 	5	6	7
8 Lasagna 8oz Roll and butter California Veggie Medley 4 oz String Cheese Pear cup 4 oz	9	10 Tuna Casserole (8oz) Green Beans 4oz Dinner Roll & Butter Milk Banana	11	12	13	14
15 	16	17 	18 Taco Meat & Pinto Beans (3oz.) Taco shells Lettuce, cheese, salsa Spanish veggie rice (4oz.) Milk Fruit Cup 4 oz	19	20	21
22 Beef Bolognese (4 oz) Pasta (4oz) Green Salad apples/cran(4oz) Dinner Roll & Butter Milk Fruit Cup 4 oz	23	24 	25 Chicken Parm (3oz) Pasta with Sauce 4 oz Roll & Butter Mixed veggies (4oz) Milk Birthday Cupcake 	26 	27	28
	Heart Health Month Tips: For heart-healthy nutrition, aim to consume whole grains, fruits, vegetables, lean animal protein, and fats derived from plant sources, which can be heart protective.	*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 consumption of meals.			