

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	3	4	5	6	7
	Baked Potato Veggie Chili (4oz) Sour cream 1 oz Broccoli (4 oz) Cheddar Biscuit & Butter Yogurt, Berries & Granola Parfait		Eggplant Parm 8 oz Ziti with marinara 4 oz Garlic Bread Mixed veggies (4oz) Milk Orange			
8	9	10	11	12	13	14
	Sweet and Sour chicken (4oz.) Steamed white Rice (4oz.) Stir Fry Veggies 4 oz String Cheese Pear cup 4 oz		Barbeque chicken legs 3 oz Glazed sweet potatoes 4 oz Cole Slaw 4 oz Cornbread & Butter String Cheese Fruit Cup 4 oz			
15	16	17	18	19	20	21
	Corned Beef 3 oz Potato 4 oz Cabbage & Carrots 4 oz Raisin Bread & Butter String Cheese Fruit Cup 4 oz  		Beef Taco meat (4oz.) Taco shells (2) Lettuce, cheese, salsa Spanish Veggie Rice (4oz.) Milk Fruit Cocktail 4 oz			
22	23	24	25	26	27	28
	Beef Bolognese (4 oz) Ziti /sauce(4oz) Mixed Veggies 4 oz Dinner Roll & butter String cheese		Chicken & sausage gumbo 8 oz Herbed rice 4 oz Roll/Butter Green Beans 4 oz String Cheese Birthday Cupcake  			
29	30	31	<p>*Menus are subject to change due to seasonality and product availability.</p> <p>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.</p>			
	Asian chicken and Broccoli Fried rice 4 oz Mixed veggies (4oz) Fortune Cookie String cheese Apple Sauce					