

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
here"				1		
<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>			<p>Salisbury Steak 3oz. Mashed Potatoes 4oz. Broccoli 4oz. Milk Brownie Bite</p>			
	6		8			
	<p>Baked Potato Veggie Chili 4 oz Sour cream 1 oz Broccoli 4 oz Cheddar Biscuit & butter Yogurt w/berries/Granola Parfait</p>		<p>Turkey Pot Pie Spring Veggie Medley 4oz Roll & Butter Milk Bottle Orange</p>			
	13		15			
	<p>Chicken Francese 3 oz Steamed white Rice 4oz. Roasted Veggies 4 oz String Cheese Pear cup 4 oz</p>		<p>Chicken marsala 3 oz Glazed sweet potatoes 4 oz Asparagus 4oz Dinner Roll & Butter String Cheese & Orange</p>			
	20		22			
	<p>Shaved Steak Sandwich 3 oz Seasonal mixed veggies 4 oz Sub Roll String cheese Fruit Cup 4 oz</p>		<p>Chicken Fajitas 3 oz Taco shells (2 per person) Lettuce, cheese, salsa Veggie Spanish Rice (4oz.) Milk & Apple</p>			
	27		29			
	<p>Sliced ham 3 oz Macaroni & Cheese 4 oz Mixed Veggies 4 oz Fruit Cup 4 oz Milk</p>		<p>Chicken & stuffing casserole 8 oz Roll/Butter Green Beans 4 oz Milk Birthday Cupcake </p>			<p>*Menus are subject to change due to seasonality and product availability.</p>

