

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 |
|--|-----|-----|---|-----|--|-----|
| | | | | 1 | 2 | 3 |
| 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. | | | Baked Stuffed Chicken 3 oz Stuffing (inside) 4 oz WW Roll/Butter Green Beans 4 oz Milk Applesauce 4 oz | | *Menus are subject to change due to seasonality and product availability. | |
| 5 | | 6 | 7 | 8 | 9 | 10 |
| Baked Potato Veggie Chili (4oz) Sour cream 1 oz Broccoli (4 oz) Cheddar Biscuit & Butter Yogurt, Berries & Granola Parfait | | | Marry Me Chicken 3 oz Mixed veggies 4oz Barley Pilaf 4 oz String Cheese WW Roll & Butter Orange | | | 11 |
| 12 | | 13 | 14 | 15 | 16 | 17 |
| Caprese Chicken 3 oz Summer Quinoa Salad 4 oz Roasted Veggies 4 oz String cheese Fruit Cup 4 oz | | | Chicken salad sandwich 3 oz Veggie & Tortellini Soup 8 oz Chocolate Chip Cookie Lettuce, Tomato Milk Apple Sauce | | | 18 |
| 19 | | 20 | 21 | 22 | 23 | 24 |
| Turkey Salisbury Steak 3 oz Veggie Blend 4 oz Mashed potatoes 4 oz WW Roll & Butter String cheese Fruit Cup 4 oz | | | Shepherds Pie 8 oz Mixed veggies 4oz WW Dinner Roll & Butter String cheese Apple Sauce | | | 25 |
| 26 | | 27 | 28 | 29 | 30 | 31 |
| Beef Tacos 3 oz Tortillas (2 per person) Lettuce, cheese, sour cream Rice and Refried Beans Milk Fruit Cup 4 oz | | | Sweet and Sour meatballs 3 oz Brown Rice Pilaf 4 oz Broccoli 4oz. Milk Birthday Cupcake  | | | |