

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

August



**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
###	3	4	5	6	7	8
	5 oz Italian Sausage & Peppers 1 Sub Roll 1 Corn on The Cob & Butter Milk 4 oz Fruit Cup		3 oz Polynesian BBQ Chicken 4 oz Rice Pilaf 4 oz Tomato Cucumber Salad Cornbread Milk 4 oz Melon			
9	10	11	12	13	14	15
	Baked Potato 4 oz Veggie Chili 1 oz Sour Cream 4 oz Broccoli Cheddar Biscuit & Butter Yogurt, Berries & Granola Parfait		3 oz Grilled Chicken 2 oz Mango Salsa 4 oz Mexican Corn Salad Dinner Roll & Butter Milk Bottle 4 oz Grapes 			
16	17	18	19	20	21	22
	3 oz Herb Grilled Chicken 4 oz Grilled Vegetables 4 oz Potato Wedges WW Dinner Roll Watermelon		3 oz BBQ Pork Tenderloin 4 oz Glazed Sweet Potatoes 4 oz Southern Greens Dinner Roll & Butter String Cheese Orange			
23	24	25	26	27		29
	3 oz Shaved Steak 2 oz Roasted Peppers & Onions 4 oz Potato Salad Sub Roll String Cheese 4 oz Fruit Cup		4 oz Roasted Salmon 4 oz Summer Squashes 4 oz Scalloped Potatoes Dinner Roll & Butter String Cheese Birthday Cupcake  			
30	31	*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.		
	Beef Taco 3oz Soft Taco Shell (2 per person) Lettuce, Cheese, Sour Cream 4oz Rice + Refried Beans Milk 4oz fruit cup 					