

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



***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

September

2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
##	*Menus are subject to change due to seasonality and product availability.		1	2	3	4 5
			BLT Sandwich (w/ Mayo packet) 8 oz Tomato Soup 4 oz Lettuce and Tomato Milk WW Bread 2 Slices 4 oz Tropical Fruit Cup 			
6	7	8	9	10	11	12
			3 oz Tuna Salad Sandwich 1 Bun 4 oz Lettuce and Tomato 4 oz Veggie Minestrone Soup Yogurt Parfait, Fruit & Granola			
13	14	15	16	17	18	19
3 oz Egg Salad Sandwich 1 Bun 4 oz Lettuce and Tomato 8 oz Baked Potato Soup Milk 4 oz Mixed Fruit Cup			3 oz Sloppy Joe Sandwich 1 Bun 4 oz Potato Wedges 4 oz Coleslaw String Cheese Applesauce 			
20	21	22	23	24	25	
3 oz BBQ Pulled Pork Sandwich 1 Bun 4 oz Corn on the cob Butter String Cheese 4 oz Melon 			3 oz Chicken Salad Sandwich 8 oz Baked Potato Soup 1 Bun Milk Birthday Cupcake  Lunch Special			
27	28	29	30			
3 oz Chicken Parm 4 oz WW Pasta with Sauce 4 oz Green Beans WW Dinner Roll & Butter String Cheese 4 oz Fruit Cup		Bistro Turkey Sandwich 4 oz Mashed Potatoes 4 oz Peas Milk Brownie Bite	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.			