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 Baked Potato Veggie Chili (3 oz) Sour Cream 1 oz Broccoli (4 oz) Milk Fruit Cup 4 oz	3	4 Bbq Glazed Pork Tenderloin 3 oz 4 oz Macaroni & Cheese Peas 4oz Dinner Roll & Butter String Cheese Orange Cup 4 oz	5	6	7
8	9 Swedish Meatballs (2 per person) Wheat pasta noodles (4oz.) Broccoli (4oz.) Milk WW Roll & Butter Fruit Cocktail 4 oz	10	11 	12	13	14
15	16 Chicken Cordon Blue 3 oz Roasted Potatoes 4 oz Creamed Spinach (4oz.) WW Roll & Butter String Cheese Cup of Grapes 4 oz	17	18 Turkey Sloppy Joes 3 oz Bun Carrots 4 oz String Cheese Fruit Cup 4 oz	19	20	21
22	23 BBQ Pulled Pork Sandwich 3 oz WW Roll Corn 4 oz Roasted Potatoes 4 oz String Cheese Jello Cup 4 oz	24	25 Meat Sauce 4 oz WW Pasta Noodles 4 oz Mixed Veggie 4 oz WW Roll & Butter Milk Birthday Cupcake 	26 	27 	28
29	30 Asian Honey Garlic Salmon 4 oz Scallion Sesame Rice (4oz) Cucumber Tomato Salad 4 oz Fortune Cookie Pineapple Cup 4 oz Milk		***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.**