

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




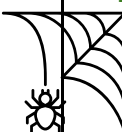



# October

**\*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**

## 2025

*Menus are subject to change due to seasonality and product availability.		Wed	Thu	Fri	Sat
<b>FOOD ALLERGY WARNING</b> 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.		1 Bistro Turkey Sandwich Mashed Potatoes (4oz.) Broccoli (4oz.) Milk Brownie 1/2 			4 
		5 BLT Sandwich Tomato Soup 8 oz Sliced Bread Whole Wheat Tropical Fruit Cup 4 oz C. Chip Cookie String Cheese           6	8 Chicken Salad 3 oz Roll Lettuce, Tomato, Onion, Pickle String Cheese Baked Fries 4 oz Apple		11 
12	13 <b>Closed for the Holiday</b>	15 Taco Meat (3oz.) Taco Shells (2 per person) Lettuce, Cheese, Salsa Spanish Veggie Rice (4oz.) Milk Orange			18
19	20 Grilled Chicken, Mango (4oz.) Mexican corn Salad (4oz.) Roll & Butter Cup of Grapes 4 oz String Cheese	22 Tuna Casserole (8oz) Green Beans (4oz) Cheddar Biscuit Pad of Butter String Cheese Melon 			25
26	27 Sausage Pepper/Onion (5oz.) Sub Roll Mixed Vegetables Pad of Butter String Cheese Pumpkin Bread Slice 	29 Turkey Club Sandwich Broccoli cheddar Soup 8 oz Seasonal Tossed salad (4oz) Dressing 1 oz String Cheese Birthday Cupcake 