

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

2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	*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.		
2	Baked Potato + Sour Cream (1oz) Veggie Chili (3oz) Broccoli (4 oz) Cheddar Biscuit Milk Bottle Applesauce 4 oz		Bbq Glazed Pork Tenderloin 4 oz Macaroni & Cheese Peas 4oz Dinner Roll & Butter String Cheese Orange Cup 4 oz			
9	Swedish Meatballs pasta noodles (4oz.) Broccoli (4oz.) Small milk container Dinner Roll & Butter Fruit Cocktail 4 oz	HAPPY Veterans DAY	Chicken Fajita (3oz.) Taco shells (2 per person) Lettuce 2 oz & cheese 2 oz Spanish veggie Rice 4 oz Milk Grapes 4 oz			
16	Chicken Cordon Blue 3 oz Roasted Potatoes 4 oz Creamed Spinach (4oz.) Roll & Butter String Cheese Cup of Grapes		Turkey Sloppy Joes 3 oz Bun Green Beans (4oz) String Cheese Fruit Cup 4 oz			
23	BBQ Pulled Pork Sandwich Sub Roll Cole Slaw 4 oz Roasted Potatoes 4 oz String Cheese Jello & Fruit Cup 4 oz		Kielbasa (3oz.) Perogies & Onions (4oz.) Sauerkraut(4oz) String Cheese Birthday Cupcake	HAPPY THANKS GIVING 		