

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



December

***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
###	1	2	3	4	5	6
	Baked Potato Veggie Chili (4oz) 1 oz Sour Cream Broccoli (4 oz) Cheddar Biscuit Yogurt Fruit Parfait & Granola		Turkey & Cheddar Sandwich Seasonal Tossed salad (4oz) Dressing 1 oz String Cheese Apple & Peanut Butter			
7	8	9	10	11	12	13
	Sweet and sour chicken (4oz.) Steamed white Rice (4oz.) Carrots and peas (40z) String Cheese Pear cup		Tuna Casserole (8oz) Green Beans 4oz Dinner Roll & Butter Milk Banana 			
14	15	16	17	18	19	20
	Chicken Alfredo (4oz) Pasta(4oz.) Roasted Mixed Veggies Roll & Butter String Cheese Apple sauce cup 		Taco meat (3oz.) with beans Taco shells (2 per person) Lettuce, cheese, salsa Spanish veggie rice (4oz.) Milk Orange			
21	22	23	24	25	26	27
	Beef Bolognese (4 oz) Ziti /sauce(4oz) Salad apples and cran(4oz) Dinner Roll & Butter Yogurt w/berries/cranola (3oz)		No Lunch 			
28	29	30	31	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.		
	Swedish meatballs (3oz) Egg Noodles 4oz Mixed veggies (4oz) Dinner Roll & Butter Milk Apple Sauce		No Lunch			
				*Menus are subject to change due to seasonality and product availability.		