

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
###	1 Shredded Chicken Tacos 3 oz Taco shells (2 per person) Lettuce, cheese, sour cream Rice and Refried Beans 4 oz Milk Fruit Cup 4 oz	2	3 Swedish Meatballs 3 oz pasta noodles (4oz.) Broccoli (4oz.) String cheese oreo bar bite Applesauce 4 oz	4	5	6
7	<b>Nutrition Ed: Food Safety &amp; FAQs</b> 8 Baked Potato Veggie Chili (4 oz) Sour cream 1 oz Broccoli (4 oz) Cheddar Biscuit & Butter Yogurt, Berries & Granola Parfait	9	10 BBQ Cheddar Turkey Burger Coleslaw 4 oz WW Bun Milk Baked sweet potato 4 oz Orange	11	12	13
14	15 Tuna Salad sandwich 3 oz Minestrone soup 8 oz Lettuce, Tomato 4 oz WW Bread Milk Pear cup 4 oz	16	17 BBQ Pork Tenderloin 4 oz Glazed sweet potatoes 4 oz Roast summer squash 4oz WW Dinner Roll & Butter String Cheese Orange	18	19 20 <b>JUNE TEENTH</b>	
21	22 Bacon and Swiss burger 4 oz seasonal mixed veggies 4 oz Potato Wedges 4 oz WW Bun String cheese Fruit Cup	23	24 BLT WW Bread Corn & Potato Chowder 8 oz String cheese Birthday Cupcake 	25	26	27
28	29 Sliced ham 3 oz Macaroni & Cheese 4 oz Mixed peas, corn, carrots 4 oz Fruit Cup 4 oz Milk	30	<b>*Menus are subject to change due to seasonality and product availability.</b>		<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.	