

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
*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.		1	2	3
4	Baked Potato Veggie Chili (3oz) 2 oz Cheese 4 oz Broccoli Cheddar Biscuit & Butter Yogurt w/berries/Granola	6	Chicken salad Sandwich WW Roll 4 oz Lettuce, Tomato, Onion String Cheese 4 oz Baked Fries Apple	8	9	10
11	Columbus Day Observed CLOSED	13	3 oz Taco meat Small Tortillas (2 per person) Lettuce, cheese, salsa 4 oz Spanish Veggie Rice Milk Orange	15	16	17
18	Grilled Chicken, Mango (4oz.) 4 oz Mexican corn Salad WW Roll & Butter 4 oz Grapes String Cheese	20	\$4.50 suggested donation BLT Sandwich Tomato Soup 8 oz WW Sliced Bread 4 oz Tropical Fruit cup Birthday Cupcake	22	23	24
25	5 oz Sausage, Peppers & Onion Sub Sandwich Roll 4 oz Mixed Vegetables String Cheese Pumpkin Bread Slice	27	Turkey Club Sandwich 8 oz Broccoli cheddar Soup 4 oz Seasonal Tossed salad Dressing 1 oz String Cheese 4 oz Applesauce	29	30	31