

SEPTEMBER 2026 Senior Centers serve both Regular Meals and Light Fare meals. In-Home Meals serve Regular Meals. 1% Milk is served with all meals.

Mon. Aug. 31

Regular Meal: Roasted Pork with Gravy, Mashed Potatoes, Buttered Catalina Vegetables, Fresh Peach, Whole Grain Bread

Lighter Fare: Ham Salad, Croissant, Italian Tomato Salad, Sliced Apples, Baked Custard

Tues. Sept 1

Regular Meal: Stuffed Pepper Casserole, Harvard Beets, Green & Wax Beans, Fruited Gelatin, Whole Grain Bread

Lighter Fare: Italian Hoagie w/ Lettuce & Tomato, Hoagie Roll, Creamy Cole Slaw, Fresh Watermelon

Wed. Sept 2

Regular Fare: Honey Mustard Chicken, Mixed Vegetables, Halushkie, Italian Tomato Salad

Lighter Fare: Chef Salad with Ranch and Ham, Turkey, Cheese, Pasta Salad, Fresh Cantaloupe, and Dinner Roll

Thur. Sept 3

Regular Fare: Meatball Sub w/ Hoagie Roll, Creamy Pesto Rotini, Peas & Cauliflower, Fresh Apple

Lighter Fare: Pimento Spread, Sandwich Roll, Tomato & Cucumber Salad, Fresh Cantaloupe, Fresh Clementine

Fri. Sept 4

All Senior Centers Closed

Cost Savings Day

Mon. Sept. 7

Holiday – Labor Day

All Senior Centers Closed

Tues. Sept. 8

Regular Meal: Sausage, Egg & Cheese, English Muffin with Grape Jelly, Green & Wax Beans, Warm Cinnamon Apples, Fresh Clementine

Lighter Fare: Sliced Ham & Swiss w/ Lettuce, Rye Bread, Mandarin Oranges, Three Bean Salad, Fresh Apple

Wed. Sept 9

Regular Meal: BBQ Chicken Sandwich, Mac & Cheese, Coin Carrots, Fresh Orange

Lighter Fare: Chicken Cobb Salad w/ Blue Cheese Dressing, Pasta Salad, Fresh Apple

Thurs. Sept. 10

Regular Meal: Cheeseburger, Molasses Baked Beans, Peas & Cauliflower, Fresh Watermelon
Lighter Fare: Chicken Raisin Salad, Croissant, Tropical Fruit Salad, Carrot Raisin Salad

Fri. Sept. 11

Regular Meal: Chicken Alfredo, Alfredo Shells, California Vegetable Blend, Fresh Banana

Lighter Fare: Chicken Fajita Salad w/ Ranch Dressing, Chuckwagon Corn Salad, Peaches, Tortilla Chips

Mon. Sept. 14

Regular Meal: Pork BBQ Sandwich, Mac & Cheese, Mixed Vegetables, Creamy Coleslaw

Lighter Fare: Ham, Turkey, Swiss w/ Lettuce Leaf, Cinnamon Apples, Broccoli Salad, Whole Grain Bread, Sugar Cookie

Tues. Sept. 15

Regular Meal: Parmesan Breaded Fish, Au Gratin Potatoes, Dilled Carrots, Fruited Gelatin, Whole Grain Bread

Lighter Fare: Chef Salad & Ranch Dressing w/ Ham, Turkey, Cheese, Macaroni Salad, Mandarin Oranges, Fresh Banana

Wed. Sept. 16

Regular Meal: Salisbury Steak w/ Mushroom Gravy, Halushkie, Pea's w/ Pearl Onions, Pineapple

Lighter Fare: Chicken Salad Wrap w/ Lettuce Leaf, Pepper Slaw, Minted Pears

Thurs. Sept. 17

Regular Meal: Sweet & Sour Chicken, White Rice, Broccoli & Cauliflower, Fresh Pear

Lighter Fare: Bacon, Lettuce, Tomato, Whole Grain Bread, Pineapple, Coleslaw, Fresh Apple

Fri. Sept. 18

Regular Meal: Hamburger Barbeque, Sandwich Roll, Creamed Corn, Green Beans, Fresh Banana

Lighter Fare: Ham Salad, Pears, Pepper Slaw, Croissant, Sugar Cookie

Mon. Sept. 21

Regular Meal: Chili Con Carne, White Rice, 4 Season Vegetables, Fresh Banana

Lighter Fare: Turkey Bacon Club w/ Lettuce Leaf, Whole Grain Bread, Carrot Raisin Salad, Cottage Cheese w/ Apple Butter, Fresh Orange

Tues. Sept. 22

Regular Meal: Roasted Pork w/ apples, Warm Biscuit w/ apple butter, Mashed Potatoes, Fresh Orange

Lighter Fare: Sliced Ham & Swiss w/ Lettuce Leaf, Rye Bread, Mandarin Oranges, Three Bean Salad, Fresh Apple

Wed. Sept. 23

Regular Meal: Chicken w/ Gravy & Stuffing, Mashed Potatoes, Vegetable Bean Blend, Mandarin Oranges, Whole Grain Bread

Lighter Fare: Tuna Salad Wrap w/ Lettuce Leaf, Mandarin Oranges, Carrot Raisin Salad

Thurs. Sept. 24

Regular Meal: Fresh Pork Sausage Link w/ peppers & onions, Sandwich roll, Molasses Baked Beans, Peas & Carrots, Peaches

Lighter Meal: Chef Salad & Ranch Dressing w/ Ham, Turkey, & Cheese, Pasta Salad, Fruit Cocktail, Fresh Banana

Fri. Sept. 25

Regular Meal: Chicken Ala King, Buttered Noodles, Lemon Pepper Vegetables, Applesauce, Dinner Roll

Lighter Fare: Chicken Salad Croissant, Mandarin Oranges, Pickled Beet Salad, Sugar Cookie

Mon. Sept. 28

Regular Meal: Honey Mustard Chicken, Broccoli & Carrots, Buttered Orzo, Fresh Grapes

Lighter Fare: Ham Salad, Whole Grain Bread, Carrot Raisin Salad, Banana Pudding, Fresh Orange

Tues. Sept. 29

Regular Meal: Italian Pork Loin, Creamy Pesto Rotini, Buttered Rivera Vegetables, Tropical Fruit Salad, Whole Grain Bread

Lighter Fare: Ham, Turkey, Swiss w/ Lettuce Leaf, Whole Grain Bread, Minted Pears, Broccoli Salad

Wed. Sept. 30

Regular Meal: Baked Liver w/ Onion Gravy, Mashed Potatoes, Peas, Applesauce, Dinner Roll

Lighter Fare: Buffalo Chicken Wrap w/ Blue Cheese Dressing & Lettuce Leaf, Mandarin Oranges, Fresh Celery Sticks

Thurs. Oct 1

Regular Meal: Italian Meatballs Spaghetti with Marinara, Buttered Italian Bread, Fresh Romaine with Italian

Lighter Fare: Italian Hoagie with Ham, Salami, Provolone, Pepper Slaw, and Sliced Apple

Fri. Oct 2

Regular Meal: Country Fried Chicken with White Pepper Gravy, Mashed Potatoes, Buttered Corn, Creamy Cole Slaw, Whole Grain Bread

Lighter Fare: Chicken Caesar Wrap with Breaded Chicken Strips and Caesar Dressing, Pepper Slaw, and Peaches