

Aging Ahead ~~ Union Senior Center



May	Aging Ahe	2025		
	Reservations Required			
**************************************	Lunch served from 1	1:30-12:30 ~ 1329 Un	ion Ave. Union, MO	ナイミトのよう
Monday	Tuesday	Wednesday	Thursday	Friday
Support Your Senior Center! ~~ 60 or OVER? ~~ SUGGESTED DONATION is \$5 A MEAL ***********************************	May the w the sun fresh bree: greet you warm	ze of May 🌉 u with a	Pancake & Sausage on Stick Cheese Omelet Potatoes O'Brien Cereal Fresh Fruit Fruit Juice	Egg Salad on Croissant Cucumber Salad Sweet & Sour Bean Salad Fruit Cocktail
5 Philly Cheesesteak w/ Onions & Peppers Three Bean Salad Roasted Chick Peas Spiced Peaches	BBQ Pork Tenderloin Baked Beans Creamed Corn Blueberries Wheat Bread	7 Beef Chili Mac California Blend Veggies Cornbread Banana	Chicken Tenders French Fries Green Peas Wheat Roll Orange Coconut Desert Tiger Graham Crackers	9 Chef Salad w/ Mixed Greens Ham, Turkey & Egg Crackers Canteloupe Granola Bar
12 Beef Nachos w/ Lettuce, Tomato, Cheese & Salsa Black Beans White Corn Apple Sauce Cereal Bar	Beer Battered Fish Macaroni & Cheese Stewed Tomatoes Corn Sliced Pears Pineapple	Open Faced Turkey on Wheat Bread w/ Gravy Cheesy Cauliflower Green Beans Wheat Bread Honey Dew Melon	Lemon Pepper Chicken Au Gratin Potatoes Mixed Vegetables Wheat Roll Cookie	Ham Salad Sandwich on Croissant Broccoli Raisin Salad Carrots w/ Ranch Pears
19 Pulled Pork on Wheat Bun Tater Tots Lima Beans Spiced Pineapple	20 BBQ Boneless Wings Waffle Fries Glazed Carrots Wheat Bread Banana Pudding	21 Salisbury Steak w/ Gravy Mashed Potatoes Creamed Spinach Wheat Roll Watermelon Cinnamon Roll	Pork Egg Roll Bowl w/ Pork, Cabbage & Rice Stir Fry Vegetables Wheat Bread Mandarin Oranges	Tuna Salad on Croissant Cole Slaw Marinated Pea Salad Tropical Fruit
Closed for Memorial Day	Chicken, Broccoli & Rice Casserole Roasted Zucchini Bread Stick Fruit Fluff	Tuna Noodle Casserole Glazed Carrots Mixed Vegetables Cheese Breadstick Grapes Daily Menus May Change Without Notice	29 Crispy Pork Fritter Baked Potato Casserole Butternut Squash Wheat Bread Mixed Berries Granola Bar	Cheese Manicotti w/ Marinara Brussels Sprouts Breadstick Banana