














September		Aging Ahead - Union Senior Center				2025			
		Reservations Required 2 Business Days in Advance: 636-583-5432							
		Lunch is served 11:30-12:30 ~ 1329 Union Ave. Union, MO							
Monday		Tuesday		Wednesday		Thursday		Friday	
1	CLOSED FOR LABOR DAY 	2	Western Scramble Hash Browns Biscuit Banana Cereal Bar Mandarin Oranges 	3	Golden Spicy Chicken on Wheat Bun Steamed Carrots Pea Salad Cinnamon Apples 	4	Salisbury Steak Mashed Potatoes Creamed Spinach Wheat Dinner Roll Watermelon Cinnamon Roll	5	Turkey and Cheese on Croissant Broccoli Raisin Salad Carrots w/ Ranch Pears 
8	BBQ Pork Cutlet Chick Peas Steamed Carrots Wheat Dinner Roll Cereal Bar Blackberries 	9	Tuna Noodle Casserole Glazed Carrots Mixed Vegetables Cheese Breadstick Fresh Grapes	10	Cheeseburger w/ LTOP on Wheat Bun Tater Tots Pea Salad Peach Crisp 	11	Open-Faced Roast Beef & Swiss w/ Gravy on Wheat Bread Roasted Cauliflower Garlic Greenbeans Peaches	12	Chicken Caesar Salad Coleslaw Wheat Crackers Cereal Bar Fruit Parfait 
15	Turkey Sausage Breakfast Biscuit Crispy Diced Potatoes Cinnamon Apples Yogurt Parfait Orange Fruit Juice	16	Chicken Parmesan w/ Pasta Italian Vegetables Garlic Bread Peach Crisp 	17	Taco Casserole Spanish Rice Black Beans Tortilla Chips Corn Strawberries	18	Pulled Pork on Bun Tater Tots Baked Beans Spiced Pineapple 	19	Chef Salad w/ Mixed Greens, Ham, Turkey & Egg Wheat Crackers Cantaloupe Granola Bar
22	LAST DAY OF SUMMER Scalloped Potatoes & Ham Brussels Sprouts Cornbread Dressing Tropical Fruit Rice Krispy Treat	23	Chicken Tenders French Fries Green Peas Wheat Dinner Roll Orange Coconut Dessert Tiger Grahams	24	Beer Battered Fish Macaroni & Cheese Stewed Tomatoes Corn Sliced Pears Cereal Bar 	25	Beef Chili Mac Cornbread California Blend Vegetables Banana 	26	Tuna Salad on Croissant Cole Slaw Marinated Peas Tropical Fruit 
29	Beef Stroganoff Stewed Tomatoes Green Beans Bread Stick Pineapple Tidbits	30	BBQ Boneless Wings Waffle Fries Glazed Carrots Wheat Bread Banana Pudding			Support Your Senior Center ~~ 60 or OVER ~~ Suggested Donation Is \$5 per Meal ~~~~~ ~~ Under 60 ~~ Cost Is \$10 per Meal.			

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