

June



2026

Union Senior Center

1329 Union Avenue Union, MO 63084 Phone: 636-583-5432

***Lunch reservations required two business days in advance. Please call 636-583-5432 ***

*Suggested donation is \$8 for those 60 and over. *The cost of an Aging Ahead Meal is \$12 for those under 60 years old.

*Milk is offered with each meal. *Menus Subject to Change*

Monday		Tuesday		Wednesday		Thursday		Friday	
Cheeseburger on Wheat Bun w/ LTOP, Tater Tots, Coleslaw and Peaches	1	Ham, Egg & Cheese on a Croissant with Potatoes O'Brien, Mandarin Oranges, Blushing Pears and a Muffin	2	Beefy Chili Mac with Black Beans, Southwest Corn, Cornbread and Fruit Cocktail	3	Chicken Broccoli & Rice Casserole with Green Beans Yeast Roll and Cantelope	4	Chef Salad w/ Mixed Greens, Turkey, Ham, Egg, Cucumbers & Tomatoe, Applesauce, Crackers and a Fig Bar	5
BBQ Pork Cutlet with Roasted Potatoes Baked Beans, Dinner Roll, Mango/Strawberries and A Brownie	8	Pizza Casserole with Creamed Spinach, Goldfish Crackers and Applesauce	9	Pesto Chicken with California Pasta Salad, Italian Blend Vegetables, Harvard Beets, Mixed Fruit and a Granola Bar	10	Cheesy Smothered Mushroom Chicken with Mashed Potatoes, Glazed Carrots, Wheat Bread, a Fig Bar and an Orange	11	Crab Salad w/ Crackers, Fresh Veggies w/ Hummus, Broccoli Raisin Salad and a Troical Fruit Cup	12
Beer Battered Cod Fish with Hush Puppies, Coleslaw, Corn, Spiced Pears and a Cereal Bar	15	Sour Cream Beef and Noodle Bake with Harvard Beets, Brussels Sprouts, Pineapple Tidbits and Jello Cake	16	Cheese Ravioli in Marinara Sauce with Broccoli, Mixed Berries and Donut Holes	17	BBQ Pork Tenderloin with Mashed Potatoes, Broccoli, Wheat Roll, an Apple and Graham Crackers	18	Center Closed	19
Brat on Wheat Bun with Onions & Peppers, Potatoe Wedges, Tropical Fruit Mix and a WG Rice Krispy Bar	22	Meatloaf w/Ketchup w/ Mashed Potatoes & Gravy Sauteed Cabbage, Wheat Roll, Peaches and a Fig Bar	23	Chicken Tenders with Macaroni & Cheese, Cauliflower, Greenbeans, Wheat Bread and Applesauce	24	Crab Cakes with Garlic Butter Pasta Stewed Tomatoes, Pinto Beans Watermelon and a Cookie	25	Tuna Salad on Croissant with 3 Bean Salad, Cerlery Sticks & Ranch, Cheese Goldfish Crackers and Fruit Fluff	26
Crispy Chicken w/ Cheese on Bun Potatoe Wedges, Baked Beans and a Fruit Cup	29	Sloppy Joe on Bun with Potatoe Salad, Broccoli w/Cheese Baked Pineapple	30			"When the Sun Is Shining, I Can Do Anything; No Mountain Is Too High, No Trouble Too Difficult To Overcome"	**Summer Essentials** #1Water--stay hydrated!! Sun Block, Sun Lotion Sunglasses, Sun Hat Cool Clothing Fan or Air Conditioning		
						 <i>Wilma Rudolph, American Olympian</i>			