

October



2026

Union Senior Center

1329 N. Union Ave Union, MO. 63084 Phone: 636-583-5432

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

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

with each meal~~~Menus Are Subject to Change*

Suggested

Milk is offered

Monday	Tuesday	Wednesday	Thursday	Friday
			Baked Ham with Baked Beans, Mixed Greens, Whole Wheat Roll, Graham Crackers and an Apple	Turkey & Cheese on Croissant &/LTOP with, Potato Salad 3 Bean Salad and Pears
Beef Pot Roast w/ Gravy with Mashed Potatoes, Stewed Tomatoes, Wheat Roll, Muffin and Pears	Pesto Chicken with Italian Blend Vegetables, Harvard Beets, California Pasta Salad, Breadstick and Mixed Fruit	Fish & Chips with French Fries, Coleslaw, Wheat Bread, Stewed Apples & Raisins and a Fig Bar	Brown Sugar & Garlic Porkloin with Brussels Sprouts, Mixed Vegetables, WW Roll Graham Crackers and an Orange	Egg Salad on WW Bread with Cottage Cheese, Cucumber Salad, Veggies w/ Ranch Wheat Crackers and Peaches
Fall Turkey Chili with Squash, Corn Bread, Wheat Crackers and Caramel Apples	Pulled Pork Sandwich on Wheat Bun with Tater Tots, Mixed Vegetables and Peaches	Cheese Stuffed Pasta in Marinara Sauce with Broccoli, Breadstick and Dreamsicle Dessert	Chicken Strips with Potato Wedges Buttered Peas, WW Roll Sun Chips and a Banana	Italian Salad--Fresh Mixed Greens w/ Salami, Pepperoni & Mozz. Cheese with Wheat Crackers, Peaches and a Muffin
Pork Carnita Tacos on a Soft Tortilla w/ Toppings Black Beans, Roasted White Corn, Mandarin Oranges	Meatloaf with Mashed Potatoes, Sauteed Cabbage, Wheat Roll, Fruit Cup and a Fig Bar	Fish Sticks with Stewed Tomatoes, Corn, Hush Puppies, Sun Chips and Peaches	**CULTURAL SPOTLIGHT** Spaghetti Bolognese with Italian Blend Vegetables, Wheat Bread, Cherries and an Italian Ice	Ham & Cheese on a Croissant +/LTOP with Pea Salad, Fresh Veggies w/ Ranch, Mangos & Strawberries Fig Bar
Potato Stroganoff with Steamed Carrots, Wheat Bread, Pears and Graham Crackers	Turkey Sausage, Egg & Cheese on a Biscuit with Potatoes O'Brien Mandarin Oranges Peaches and Fruit Juice	Cheesy Ranch Chicken, Roasted Cherry Tomatoes, Brussels Sprout, WW Roll, Fruit Cocktail and a Cereal Bar	Hot Dog on Bun with French Fries, Green Peas, Applesauce Jello	Chef Salad--Ham, Egg, Turkey, Cheese, Carrots Cucumbers & Tomatoes on a Bed of Fresh Greens with Crackers, A Fig Bar and Applesauce

