

September



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

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 Are Subject to Change*

Monday	Tuesday	Wednesday	Thursday	Friday
	Pork Steak with 1 Oven Roasted Potatoes, Mixed Veggies, Wheat Roll, Peaches and a Fig Bar	Crab Ragoon Pasta 2 Casserole with Broccoli, Parm Tomatoes and Strawberry Angel Food Cake	Shepherd's Pie with 3 Corn, Wheat Bread, Spiced Apples and Graham Crackers	Ham Salad on 4 Wheat Bread with Cucumber Salad, Fresh Veggies w/ Ranch and Peaches
CENTER CLOSED 7 	Baked Chicken Breast 8 with Roasted Broccoli, Baked Beans, Wheat Bread, Mandarin Oranges and a Rice Krispy treat	Pulled Pork Tot-chos 9 with Glazed Carrots Wheat Bread (2) and Blushing Pears	Pork Cutlet w/ Gravy 10 with Mashed Potatoes, Corn, Wheat Roll, Goldfish Crackers and Watermelon Salad	Chef Salad-Turkey, Ham 11 Egg, Cheese, Cucumbers, Carrots & Tomatoes on a Bed of Fresh Greens with Crackers, a Fig Bar and Applesauce
BBQ Chicken Breast 14 on a Bun with Waffle Fries, Stewed Tomatoes and Peaches	Cheeseburger Mac 15 Pickle Slaw Greenbeans w/ Onion, Wheat Bread and Mandarin Oranges	Sausage Egg & Cheese 2 on a Biscuit with Hash Brown Patty, Cereal, Apple Juice & Peach Crisp	Cheesy Smothered 17 Chicken w/Mushroom with Glazed Carrots Buttered Corn Wheat Bread / Sun Chips and Jello Cake	Tuna Salad on Croissant 18 with Cole Slaw. Celery Sticks, Pineapple Tidbits and a Fig Bar
BBQ Riblet Sandwich on 21 a Wheat Bun with Baked Beans, Fries and Cinnamon Applesauce	LAST DAY OF SUMMER 22 Cheese Stuffed Pasta w/ Marinara Sauce, Brussel Sprouts, Garlic Bread and Carmel Glazed Apples	Crispy Chicken w/ 23 Cheese on Wheat Bun with Cauliflower, Fries and Tropical Fruit	Sour Cream Beef & 24 Noodle Bake with Harvard Beets, Brussel Sprouts, Pineapple Tidbits and Jello Cake	Taco Salad w/Seasoned 25 Chicken, Red Beans, Corn, Cheddar Chz, Sour Cream, Tortilla Chips & Salsa Orange Coconut Dessert and a Muffin
Meatloaf topped 28 w/ Ketchup with Sauteed Cabbage, Broccoli, Wheat Roll Paeches and a Fig Bar	Scalloped Potatoes & 29 Ham Bake with Brussels Sprouts, Bread Stick, Tropical Fruit and a Rice Krispy Treat	BBQ Boneless Wings 30 with Peas Baked Beans, Wheat Roll, Mandarin Oranges and a Brownie	"To say it was a beautiful day Would not begin to explain i It was that day when the end of Summer Intersects Perfectly with the start of Fall" **Ann Patchett**	