



September 2026 Menu

Area Agency on Aging Region X



Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Chicken Stuffing Casserole Roasted Potatoes Mixed Veggies Jello w/ Fruit Garlic Roll Coffee/Tea/Milk	Sloppy Joe on Bun Baked Beans Carrots Macaroni Salad Peaches Coffee/Tea/Milk	Biscuit w/ Gravy Sausage Scrambled Eggs Hash browns Grape Juice Coffee/Tea/Milk	Chicken Pot Pie w/ Mixed Veggies Harvard Beets Wheat Roll Pears Coffee/Tea/Milk
7	8	9	10 Cultural Meal!	11
Centers Closed Happy Labor Day 	Cook's Choice Coffee/Tea/Milk	Cheeseburger on a Wheat Bun Lettuce, Tomato, Onion, and Pickle Sweet Potato Fries Cold Pea Salad Apple Salad Coffee/Tea/Milk	BBQ Pork Rib Sandwich on a Whole Wheat Bun Potato Wedges Leafy Green Salad w/ Spinach Peach Crisp w/ Vanilla Ice Cream Coffee/Tea/Milk	Meatloaf Candied Carrots Mashed Potatoes w/ Gravy Wheat Roll Tropical Fruit Coffee/Tea/Milk
14	15	16	17 Birthday Dinner!	18
Ham and Beans Roasted Potatoes w/ Onions Spinach Cornbread Brownie Coffee/Tea/Milk	Goulash w/ Tomato and Onion Green Beans Leafy Green Salad w/ Spinach Garlic Roll Strawberries and Bananas Coffee/Tea/Milk	Taco Salad w/ Meat, Beans, & Cheese Lettuce, Tomato, and Onion Tostitos Pudding Pineapple Coffee/Tea/Milk	Chicken Fried Steak Mashed Potatoes w/ Gravy Peas and Carrots Wheat Roll Cake w/ Fruit Coffee/Tea/Milk	Chef Salad w/ Egg and Cheese Spinach, Tomato, Cucumber, & Onion 1/2 Ham Sandwich Peaches Cottage Cheese Coffee/Tea/Milk
21	22	23	24	25
Chicken and Noodles w/ Mixed Veggies Leafy Green Salad Warm Cinnamon Spiced Pears Wheat Bread Coffee/Tea/Milk	Salsbury Steak Mashed Potatoes w/ Gravy Mixed Veggies Wheat Bread Cake Coffee/Tea/Milk	Tater Tot Casserole Peas and Carrots Dark Green Leafy Salad Rosie Applesauce Wheat Bread Coffee/Tea/Milk	Cook's Choice Coffee/Tea/Milk	Beef Enchiladas Lettuce, Tomato, and Onion Spanish Rice Refried Beans Cinnamon Roll Coffee/Tea/Milk
28	29	30		
Cornbread Pork Cutlet Mashed Potatoes w/ Gravy Broccoli Fruit Cocktail Wheat Roll Coffee/Tea/Milk	Beef & Noodle's Green Beans Salad w/ Tomatoes and Spinach Wheat Roll Jello Fruit Fluff Coffee/Tea/Milk	Tuscan Chicken Italian Blend Vegetables Roasted Potatoes Pears Garlic Roll Coffee/Tea/Milk	Spaghetti w/ Meat Sauce Dark Green Leafy Salad Green Beans Ice Cream Garlic Bread Coffee/Tea/Milk	Creamy Potato Soup Hot Ham & Cheese Sandwich Dark Green Leafy Salad Apple Crisp Vanilla Ice Cream Coffee/ Tea Milk

