

Lunch Club 60 Menu – September 2025

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
 No Meals Served	Penne & Meatballs Breadstick Broccoli & Cauliflower Jello	Grilled Chicken over Salad with Ranch Dressing Dinner Roll with Butter Mandarin Cup Ice Cream Cup	Philly Cheesesteak Sub Roll With Peppers, Onions, and Mushrooms Green Beans Watermelon	Shredded Beef BBQ on a Bun Roasted Potatoes Carrots Mixed Fruit Cup
8	9	10	11	12
Chicken Fajita Bowl with rice, black beans, peppers, onions, and cheddar cheese Salsa Cup Tortilla Chips Fresh Orange	Salisbury Steak with Gravy Mashed Potatoes Brussels Sprouts Cream Puffs	Teriyaki Pork over Rice Broccoli Mixed Fruit Cup Jello	Breaded Pollock with Tartar Roasted Potatoes Cole Slaw Fresh Apple	Stuffed Shells with Marinara Sauce Breadstick Salad with Italian Dressing Fresh Banana
15	16	17	18	19
Meatloaf with Gravy Roasted Sweet Potatoes Green Beans Mixed Fruit Cup	Grilled Greek Chicken with tzatziki, cucumber, tomato, and feta on a Pita Salad with Italian Dressing Pear Cup	Macaroni and Cheese Stewed Tomatoes Fresh Apple	Ground Beef Taco Salad Salsa & Tortilla Chips Sour Cream Mixed Fruit Cup Pudding	BBQ Chicken Breast Corn Cobette Spinach Mandarin Cup Eclairs
22	23	24	25	26
Chicken Piccata over Rice Breadstick Broccoli Pear Cup	Turkey Chili Dinner Roll with Butter Salad with Italian Dressing Sherbert	Burger Plate with Meat Sauce Roasted Potatoes Macaroni Salad Ice Cream	Grilled Chicken Sandwich with lettuce, tomato, and mayo on a Bun Salad with Ranch Dressing Brownie	Meatball Sub on a bun with tomato sauce and mozzarella Green Beans Mixed Fruit Cup
29	30	1	2	3
Pub Burger on a Bun with cheese, lettuce, and tomato Zucchini Peach Cup Pudding	Chicken Parmesan with Penne Pasta Salad with Italian Dressing Fresh Banana	Roast Beef with Gravy Mashed Potatoes Green Beans Dinner Roll with Butter Fresh Orange	BBQ Pulled Pork on a Bun Roasted Potatoes Corn Cobette Mandarin Cup	Chicken Alfredo over spaghetti Breadstick Salad with Italian Dressing Peach Cup

Menu subject to change. Contact your local Senior Center Meal Site for updates and specialty meal changes.

All meals served with milk (1% or Fat-Free Chocolate)

Certified by Michelle Koch Blood, RD - 8/12/2025