



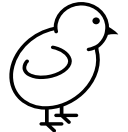
April

Aging Ahead - Union Senior Center

Reservations required: 636-583-5432 Lunch is served 11:45-12:30

1329 N Union

2025

<i>Monday</i>		<i>Tuesday</i>		<i>Wednesday</i>		<i>Thursday</i>		<i>Friday</i>		
		1	Oven Roasted Chicken Cheesy Cauliflower Roasted Zucchini Rice Pilaf Wheat Roll Pineapple Tidbits	2	Spaghetti w/ Meat Sauce Italian Vegetables Roasted Corn Garlic Bread Fruit Crisp	3	Open Faced Turkey Sandwich Garlic Green Beans Mashed Potatoes Fruit Wheat bread	4	Lemon Pepper Fish Roasted Asparagus Chef's Vegetable Blend Lemon Pasta Vanilla Wafers Blackberries	
		7	Pork Egg Roll Bowl w/ rice, cabbage, and pork Stir Fry Vegetables Wheat Bread Fruit Cocktail	8	Salisbury Steak w/ Mushroom Gravy Mashed Potatoes Marilyn's Baked Spinach Roll Mandarin Oranges Cereal Bar	9	Ham and Swiss on Croissant Side Salad Broccoli Raisin Salad Rosey Pears	10	BBQ Chicken Baked Beans Mediterranean Vegetables Macaroni and Cheese Cornbread Tropical Fruit	11
14	Chicken Broccoli Rice Casserole Chef's Vegetable Choice Fruit Fluff Bread Stick	15	Pork Chop w/ Gravy Baked Potato Glazed Carrots Mixed Berries Wheat Bread Granola Bar	16	Fried Chicken Salad (Chef salad topped with crispy chicken tenders) Sun Chips Salad Crackers Fruit and Yogurt Parfait	17	Beef Pot Roast Cheesy Ranch Potatoes Succotash Fruit Cobbler Wheat Roll Graham Crackers	18	Herb Crusted Fish Roasted Cherry Tomatoes Coleslaw Macaroni and Cheese Hushpuppies Grapes	
21	Scalloped Potatoes w/ Ham Brussels Sprouts Tropical Fruit Cornbread Rice Krispie Treat	22	Sour Cream and Onion Chicken Cheesy Broccoli Stewed Tomatoes Wheat Bread Muffin Fruited Jello	23	Beer Battered Cod Spinach Blackeyed Peas Rice Pilaf Mango Roll	24	Pesto Chicken Italian Vegetables Pickled Beets California Pasta Salad Breadstick Peaches	25	Cheeseburger Tator Tots Cucumber and Onion Salad Bun Fruit Crisp	
28	Popcorn Shrimp Red Beans w/ Rice Corn Apricots Wheat Bread	29	Spaghetti w/ Meatballs in Tomato Sauce Green Beans Grape Salad Garlic Bread	30	Baked Ham w/ Pineapple Sweet Potatoes Lima Beans Banana Pudding Roll			DUE TO THE RISING COST OF FOOD THE SUGGESTED DONATION IS \$5 A MEAL IF YOU ARE 60 OR OLDER UNDER 60 CHARGE OF \$10		

Daily Menus May Change Without Notice