

Union County Senior Café – August 2026 Menu

<u>Monday, Aug 3</u> Lentil Stew with Beef Crumble Couscous, Broccoli & Cauliflower, Peach & Strawberry Crisp, 1% Milk, Whole Grain Bread, Butter	<u>Tuesday, Aug 4</u> Eggplant Parmesan Penne, House Salad, Fresh Apple, 1% Milk, Butter, Whole Grain Bread	<u>Wednesday, Aug 5</u> Beef Hot Dog on Bun Baked Beans, Fiesta Corn, 100% Fruit Juice, 1% Milk, Butter, Whole Grain Bread, Vanilla Pudding	<u>Thursday, Aug 6</u> BBQ Chicken Macaroni & Cheese, Coleslaw, Garlic Spinach, Applesauce Cup, 1% Milk, Hot Dog Buns	<u>Friday, Aug 7</u> Fish with Lemon Dill Sauce Rice, Assorted Fresh Fruit, 1% Milk, Whole Grain Bread, Butter
<u>Monday, Aug 10</u> Lasagna with Veggies House Salad, Peach Crisp, 1% Milk, Butter, Dinner Roll, Chocolate Pudding	<u>Tuesday, Aug 11</u> Sweet & Sour Chicken Brown Rice, Asian Stir Fry Veggies, 100% Fruit Juice, 1% Milk, Butter, Whole Grain Bread	<u>Wednesday, Aug 12</u> Beef Stroganoff Egg Noodles, Summer Blend Veggies, Fruit Cup, 1% Milk, Butter, Whole Grain Bread, Sugar Cookie	<u>Thursday, Aug 13</u> Golden Chicken Curry Whole Grain Bun, Tomato Salad, Fresh Apple, 1% Milk, Butter, Naan Pita Dippers	<u>Friday, Aug 14</u> Chicken Tikka Masala Rice, California Blend Veggies, Assorted Fresh Fruit, 1% Milk, Butter, Whole Grain Bread
<u>Monday, Aug 17</u> Sliced Turkey with Gravy Stuffing, Carrots & Green Beans, Fruit Cup, 1% Milk, Whole Grain Bread, Butter	<u>Tuesday, Aug 18</u> Baked Chicken with Mushroom Sauce Rice, Broccoli with Cheese, 100% Fruit Juice, 1% Milk, Whole Grain Bread, Butter	<u>Wednesday, Aug 19</u> BBQ Cheeseburger Whole Grain Bun, Summer Blend Veggies, Fresh Orange, 1% Milk	<u>Thursday, Aug 20</u> Beef Vegetable Stew Whole Grain Bread, Italian Capri Veggie Blend, Mashed Potatoes, Assorted Fresh Fruit, 1% Milk, Butter	<u>Friday, Aug 21</u> Western Cheese Omelet Whole Grain Bagel, Potato Home Fries, Assorted Fresh Fruit, 1% Milk, Butter
<u>Monday, Aug 24</u> Meatloaf with Gravy Whole Grain Bread, Mashed Potatoes, Summer Blend Veggies, 100% Fruit Juice, 1% Milk, Butter	<u>Tuesday, Aug 25</u> Asian BBQ Chicken Brown Rice, Asian Stir Fry Veggies, Fresh Pear, 1% Milk	<u>Wednesday, Aug 26</u> Minestrone Soup & Stuffed Shells with Tomato Sauce Whole Grain Bread, Green Beans, Apple Crisp, 1% Milk, Butter	<u>Thursday, Aug 27</u> Beef Picadillo Rice, Cuban Black Beans, Mixed Veggies, Applesauce Cup, 1% Milk	<u>Friday, Aug 28</u> Cheeseburger Whole Grain Bun, Sweet Potato Fries, Assorted Fresh Fruit, 1% Milk, Butter
<u>Monday, Aug 31</u> Southwest Chicken Skillet Arroz con Cilantro, Mixed Veggies, Fruit Cup, 1% Milk, Butter, Whole Grain Bread, Chocolate Pudding	<u>Tuesday, Sep 1</u> French Onion Cheeseburger Sweet Potato Fries, Coleslaw, 100% Fruit Juice, 1% Milk, Whole Grain Bread	<u>Wednesday, Sep 2</u> Chicken Sandwich Potato Salad, Fresh Pear, 1% Milk, Butter, Whole Grain Bread	<u>Thursday, Sep 3</u> Chicken Parmesan Pasta with Sauce, Italian Capri Veggie Blend, Applesauce Cup, 1% Milk, Dinner Roll, Butter	<u>Friday, Sep 4</u> Beef Hot Dog on Bun Baked Beans, Fiesta Corn, Assorted Fresh Fruit, 1% Milk