




# MEAAA Union Senior Center

636-583-5432



## Meals on Wheels Menu

<i>Monday</i>		<i>Tuesday</i>		<i>Wednesday</i>		<i>Thursday</i>		<i>Friday</i>	
Union Senior Center 1329 N. Union Ave. Union, MO 63084 636-583-5432 <a href="mailto:union@mid-eastaaa.org">union@mid-eastaaa.org</a>		Suggested contribution: \$3.25		<b>1</b> oven-fried chicken mashed potatoes/gravy California vegetables fresh fruit cup wheat bread graham crackers		<b>2</b> beef stew with potatoes & carrots served in a bread bowl green peas pickled beets gelatin poke cake		<b>3</b> lasagna roll with Italian tomato sauce mixed vegetables Italian salad apple crisp wheat bread	
<b>6</b> Salisbury steak / gravy mashed potatoes Harvard beets fruit cocktail wheat bread graham crackers		<b>7</b> Almondine Pollock Spanish rice green peas cauliflower/cheese sauce apricot halves wheat dinner roll		<b>8</b> turkey tetrazzini green beans stewed tomatoes blushing pears banana loaf		<b>9</b> barbeque pork wedge-cut sweet potatoes creamed spinach sliced peaches wheat sandwich bun		<b>10</b> roast beef mashed potatoes/gravy green beans wheat dinner roll peach crisp	
<b>13</b> baked ham sweet potatoes California vegetables sliced peaches wheat bread brownie cookie		<b>14</b> meatballs and sauce with whole grain pasta Italian vegetables garden salad stewed apples & raisins Bosco® bread stick		<b>15</b> sweet & sour pork with Soba noodles green beans carrots mandarin oranges wheat bread		<b>16</b> Cajun baked fish brown rice pilaf cream-style corn green peas with pimento fresh fruit wheat bread		<b>17</b> barbeque chicken herb-roasted potatoes broccoli fruit cocktail wheat dinner roll pineapple cake	
<b>20</b> Gold'n Spice® chicken mashed potatoes/gravy broccoli tropical fruit cup wheat bread whole grain apple muffin		<b>21</b> Ham steak with great northern beans carrots spinach cornbread whole grain brownie cookie		<b>22</b> roasted pork with gravy yam patties butter beans cranberry applesauce wheat bread whole grain oatmeal cookie		<b>23</b> Pollock wedge mixed vegetables coleslaw peach crisp cornbread		<b>24</b> salsa chicken brown rice green beans fiesta corn fruit ambrosia wheat bread	
<b>27</b> Center Closed for Memorial Day Observance 		<b>28</b> lemon pepper Pollock brown rice pilaf Brussels sprouts cream-style corn fruit cocktail wheat dinner roll		<b>29</b> parmesan baked chicken red potatoes green beans fresh fruit wheat bread chocolate chip cookie		<b>30</b> Asian beef with Soba noodles Oriental vegetables carrots mandarin oranges wheat bread		<b>31</b> tuna salad sandwich on wheat bread mixed vegetables wedge-cut potatoes fresh fruit	

This calendar is printed by the UNITED BANK OF UNION