

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Baked Pork Chop Roasted Red Potatoes Harvard Beets Chilled Peaches Wheat Bread x 2	2 Teriyaki Salmon Wild Rice Pilaf Seasoned Asparagus Spoonbread Cantaloupe	3 Beef Enchiladas Southwest Corn Refried Beans Mandarin Oranges	4 French Chicken Mac-n-Cheese Italian Blend Veggies Banana Dinner Roll
7 	8 Loaded Turkey Sandwich on Hoagie Fresh Veggies Corn & Black Bean Salad Pears	9 Birthday Dinner Chicken & Noodles Seasoned Green Peas Applesauce Cake Wheat Bread	10 Hot Pork Sandwich Ranch Beans Parslied Carrots Snicker & Apple Salad Dinner Roll	11 Gyros w/ Tzatziki Sauce Red Potatoes w/ Garlic Tomato & Cucumber Salad Strawberries & Yogurt
14 Ham Glazed Sweet Potatoes Cabbage & Carrots Orange Wheat Bread x 2	15 Stuffed Manicotti w/ Marinara House Salad Italian Green Beans Sliced Strawberries Garlic Breadstick	16 Beef Stir Fry Brown Rice Oriental Blend Veggies Mango Vegetable Egg Roll	17 Chicken Supreme Company Potatoes Prince Edward Veggies Blushing Pineapple	18 Roast Beef & Gravy Dijon Red Potatoes Corn Peaches Wheat Bread x 2
21 Creamed Turkey Dutchess Potatoes Glazed Baby Carrots Grapes Wheat Bread x 2	22 Chili w/ Beans Baked Potato Apple Wheat Bread	23 Italian Meatballs Herbed Penne Pasta Tomato Sauce Capri Blend Veggies Pears w/ Vanilla Sauce Garlic Breadstick	24 Grilled Chicken on Bun Cottage Fries Lettuce, Tomato, Onion 5 Way Veggie Blend Fresh Fruit Salad	25 Mediterranean Baked Fish Roasted Red Potatoes Scandinavian Blend Veggies Cherries Dinner Roll
28 Salisbury Steak Scalloped Potatoes Country Blend Veggies Seasonal Fresh Fruit Wheat Bread x 2	29 Beef Stroganoff Egg Noodles Broccoli Florets Tangerine Dinner Roll	30 Turkey Cutlet & Gravy Mashed Sweet Potatoes Maple Dijon Brussel Sprouts Mixed Berries Dinner Roll		



All of our meal sites provide congregate, carry out, and home delivered meals. **Please call your meal site by 9am on the day you would like to eat.** All meals include 1% milk. If you live in Richland County but do not have a meal site near you, frozen meals are available.

Meals are a suggested donation of \$4.00 per meal for people 60+ and their spouse of any age. Under the age of 60 is a charge of \$11.75 per meal.

September 2026**Abercrombie Senior Center****553-8759**

	1 Beef Enchiladas Southwest Corn Refried Beans Mandarin Oranges	2 Teriyaki Salmon Wild Rice Pilaf Seasoned Asparagus Spoonbread Cantaloupe
8 Loaded Turkey Sandwich/Hoagie Bun Fresh Veggies Corn & Black Bean Salad Pears	9 Chicken & Noodles Seasoned Green Peas Applesauce Wheat Bread Cake	10 Hot Pork Sandwich Ranch Beans Parslied Carrots Snicker & Apple Salad Dinner Roll
14 Ham Glazed Sweet Potatoes Cabbage & Carrots Orange Wheat Bread x 2	15 Stuffed Manicotti w/ Marinara House Salad Italian Green Beans Sliced Strawberries Garlic Breadstick	16 Beef Stir Fry Brown Rice Oriental Blend Veggies Mango Vegetable Egg Roll
21 Grilled Chicken on Bun Cottage Fries Lettuce, Tomato, Onion 5 Way Veggie Blend Fresh Fruit Salad	22 Chili w/ Beans Baked Potato Apple Wheat Bread	23 Italian Meatballs Herbed Penne Pasta/Tomato Sauce Capri Blend Veggies Pears w/ Vanilla Sauce Garlic Breadstick
28 Salisbury Steak Scalloped Potatoes Country Blend Veggies Seasonal Fresh Fruit Wheat Bread x 2	29 Beef Stroganoff Seasoned Egg Noodles Seasoned Broccoli Florets Tangerine Dinner Roll	30 Turkey Cutlet & Gravy Mashed Sweet Potatoes Maple Dijon Brussels Sprouts Mixed Berries Dinner Roll

September 2026**Hankinson Senior Center****242-7742**

1 Beef Enchiladas Southwest Corn Refried Beans Mandarin Oranges	2 Baked Pork Chop Roasted Red Potatoes Harvard Beets Chilled Peaches Wheat Bread x 2	4 Teriyaki Salmon Wild Rice Pilaf Seasoned Asparagus Spoonbread Cantaloupe
8 Beef Stir Fry Brown Rice Oriental Blend Veggies Mango Vegetable Egg Roll	9 Stuffed Manicotti w/ Marinara House Salad Italian Green Beans Sliced Strawberries Garlic Breadstick	11 Hot Pork Sandwich Ranch Beans Parslied Carrots Snicker & Apple Salad Dinner Roll
15 Grilled Chicken on Bun Lettuce, Tomato, Onion Cottage Fries 5 Way Veggie Blend Fresh Fruit Salad	16 Ham Glazed Sweet Potatoes Cabbage & Carrots Orange Wheat Bread x 2	18 Roast Beef & Gravy Dijon Red Potatoes Corn Peaches Wheat Bread x 2
22 Mediterranean Baked Fish Roasted Red Potatoes Scandinavian Blend Veggies Cherries Dinner Roll	23 Italian Meatballs Herbed Penne Pasta / Tomato Sauce Capri Blend Veggies Pears w/ Vanilla Sauce Garlic Breadstick	25 Turkey Cutlet & Gravy Mashed Sweet Potatoes Maple Dijon Brussels Sprouts Mixed Berries Dinner Roll
29 Beef Stroganoff Seasoned Egg Noodles Seasoned Broccoli Florets Tangerine Dinner Roll	30 Salisbury Steak Scalloped Potatoes Country Blend Veggies Seasonal Fresh Fruit Wheat Bread x 2	

September 2026**Lidgerwood Senior Center****538-4602**

	1 Teriyaki Salmon Wild Rice Pilaf Seasoned Asparagus Spoonbread Cantaloupe	3 French Chicken Mac-n-Cheese Italian Blend Veggies Banana Dinner Roll
8 Loaded Turkey Sandwich on Hoagie Bun Fresh Veggies Corn & Black Bean Salad Pears	9 Chicken & Noodles Seasoned Green Peas Applesauce Cake Wheat Bread	10 Hot Pork Sandwich Ranch Beans Parslied Carrots Snicker & Apple Salad Dinner Roll
14 Ham Glazed Sweet Potatoes Cabbage & Carrots Orange Wheat Bread x 2	15 Stuffed Manicotti w/ Marinara House Salad Italian Green Beans Sliced Strawberries Garlic Breadstick	17 Chicken Supreme Company Potatoes Prince Edward Veggies Blushing Pineapple
21 Grilled Chicken on Bun Cottage Fries Lettuce, Tomato, Onion 5 Way Veggie Blend Fresh Fruit Salad	22 Chili w/ Beans Baked Potato Apple Wheat Bread	24 Italian Meatballs Herbed Penne Pasta/ Tomato Sauce Capri Blend Veggies Pears w/ Vanilla Sauce Garlic Breadstick
28 Salisbury Steak Scalloped Potatoes Country Blend Veggies Seasonal Fresh Fruit Wheat Bread x 2	29 Beef Stroganoff Seasoned Egg Noodles Seasoned Broccoli Florets Tangerine Dinner Roll	

September 2026**Wyndmere Senior Center****439-2907**

	1 Baked Pork Chop Roasted Red Potatoes Harvard Beets Chilled Peaches Wheat Bread x 2	3 Beef Enchiladas Southwest Corn Refried Beans Mandarin Oranges
8 Loaded Turkey Sandwich Fresh Veggies Corn & Black Bean Salad Pears Hoagie Bun	9 Chicken & Noodles Seasoned Green Peas Applesauce Cake Wheat Bread	10 Hot Pork Sandwich Ranch Beans Parslied Carrots Snicker & Apple Salad Dinner Roll
14 Ham Glazed Sweet Potatoes Cabbage & Carrots Orange Wheat Bread x 2	15 Stuffed Manicotti w/ Marinara House Salad Italian Green Beans Sliced Strawberries Garlic Breadstick	17 Chicken Supreme Company Potatoes Prince Edward Veggies Blushing Pineapple
21 Creamed Turkey Dutchess Potatoes Glazed Baby Carrots Grapes Wheat Bread x 2	22 Chili w/ Beans Baked Potato Apple Wheat Bread	24 Grilled Chicken on Bun Cottage Fries Lettuce, Tomato, Onion 5 Way Veggie Blend Fresh Fruit Salad
28 Salisbury Steak Scalloped Potatoes Country Blend Veggies Seasonal Fresh Fruit Wheat Bread x 2	29 Beef Stroganoff Seasoned Egg Noodles Seasoned Broccoli Florets Tangerine Dinner Roll	