Lunch Menu SEPTEMBER 2025



TUESDAY

WEDNESDAY

THURSDAY

Gates Recreation & Parks is providing lunches for the members of our community that are 60 years of age or older. Lunch is served at 11:30 am. All meals served with white or chocolate milk (1% or Fat Free) soup served with crackers. Lunch must be preordered 10 days ahead of time by calling 429-8289 or by signing up in the annex or Recreation & Parks office. If you are not pre-registered, lunch will be available on a first come, first serve basis. The suggested contribution for lunch is

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

\$3.50.

6 Foodlink

Due to congregate meal requirements, we are unable to avoid allergens and cross-contact may be present.

Penne & Meatballs Breadstick Broccoli & Cauliflower Iello

Salisbury Steak with

Gravy

Mashed Potatoes

Brussels Sprouts

Cream Puffs

Grilled Chicken over Salad with Ranch **Dressing Dinner Roll with Butter Mandarin Cup Ice Cream Cup**

Teriyaki Pork over Rice Broccoli **Mixed Fruit Cup** Jello

10

17

24

16 **Grilled Greek Chicken Macaroni and Cheese** with tzatziki, **Stewed Tomatoes** cucumber, tomato, **Fresh Apple** and feta on a Pita Salad with Italian **Dressing Pear Cup**

9

23 **Turkey Chili Dinner Roll** with Butter Salad with Italian **Dressing Sherbert**

30 **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**

Burger Plate

with Meat Sauce

Roasted Potatoes

Macaroni Salad

Ice Cream

1

Philly Cheesesteak 4 **Sub Roll** With Peppers, Onions, and Mushrooms **Green Beans** Watermelon

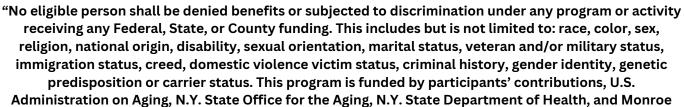
Picnic at **Memorial Park Turkey & Cheese** Sandwich with lettuce & tomato on a roll **Fruit Cup Apple Juice Granola Bar**

18 **Ground Beef Taco** Salad Salsa & Tortilla Chips **Sour Cream Mixed Fruit Cup Pudding**

25 "Fried" Chicken on a Bun with Swiss and Honey Mustard Zucchini **Peaches**

BBQ Pulled Pork on a Bun **Roasted Potatoes Corn Cobette Mandarin Cup**

This program receives its funding through participants' contributions, U.S. Administration on Aging, N.Y. State Office for the Aging, N.Y. State Department of Health, and Monroe County Dept. of Human Services/Office for the Aging.



County Dept. Of HS/Office for the Aging."

2

