

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 \$3.50.

*Certified by
Michelle Koch Blood, R.D
- 8/12/2025*



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

2 Penne & Meatballs Breadstick Broccoli & Cauliflower Jello	3 Grilled Chicken over Salad with Ranch Dressing Dinner Roll with Butter Mandarin Cup Ice Cream Cup	4 Philly Cheesesteak Sub Roll With Peppers, Onions, and Mushrooms Green Beans Watermelon
9 Salisbury Steak with Gravy Mashed Potatoes Brussels Sprouts Cream Puffs	10 Teriyaki Pork over Rice Broccoli Mixed Fruit Cup Jello	11 Picnic at Memorial Park Turkey & Cheese Sandwich with lettuce & tomato on a roll Fruit Cup Apple Juice Granola Bar
16 Grilled Greek Chicken with tzatziki, cucumber, tomato, and feta on a Pita Salad with Italian Dressing Pear Cup	17 Macaroni and Cheese Stewed Tomatoes Fresh Apple	18 Ground Beef Taco Salad Salsa & Tortilla Chips Sour Cream Mixed Fruit Cup Pudding
23 Turkey Chili Dinner Roll with Butter Salad with Italian Dressing Sherbert	24 Burger Plate with Meat Sauce Roasted Potatoes Macaroni Salad Ice Cream	25 “Fried” Chicken on a Bun with Swiss and Honey Mustard Zucchini Peaches
30 Chicken Parmesan with Penne Pasta Salad with Italian Dressing Fresh Banana	1 Roast Beef with Gravy Mashed Potatoes Green Beans Dinner Roll with Butter Fresh Orange	2 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.



“No eligible person shall be denied benefits or subjected to discrimination under any program or activity receiving any Federal, State, or County funding. This includes but is not limited to: race, color, sex, religion, national origin, disability, sexual orientation, marital status, veteran and/or military status, immigration status, creed, domestic violence victim status, criminal history, gender identity, genetic predisposition or carrier status. This program is funded by 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 HS/Office for the Aging.”