

Lunch Menu

SEPTEMBER 2026



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 11:30am.** All meals served with milk (1% or fat free chocolate) and fortified juice - 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
- 6/11/2026



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

1 Greek Chicken Salad With cucumber, tomato, red onion, feta, tzatziki, and Italian dressing Pita Bread Mixed Fruit Cup Fig Newton Bar	2 Macaroni and Cheese Stewed Tomatoes Broccoli Fresh Apple	3 Meatball Sub with Sauce and Cheese on a Roll Cole Slaw Green Beans Mixed Fruit Cup	NO ORDERS for this week after 8/20
8 Tortilla Crusted Tilapia Rice Salsa Cup Corn Peach Cup	9 Chicken Breast over Salad with Ranch Dressing Dinner Roll Fresh Orange Brownie	10 Cheesesteak with peppers, onions, and mozzarella Mashed Squash Cauliflower Pear Cup	NO ORDERS for this week after 8/27
15 BBQ Chicken Sliders (2 each) Spinach Peach Cup Chocolate Pudding	16 Lemon Butter Tilapia over Rice Spinach Pineapple Cup Ice Cream Cup	17 Ground Beef Taco Salad with cheddar, corn, salsa, and sour cream Tortilla Chips Fresh Apple	NO ORDERS for this week after 9/3
22 Glazed Salmon over Rice Prince William Vegetables Fresh Apple Rainbow Sherbet	23 Chicken Parm over Pasta San Francisco Vegetable Blend Mixed Fruit Cup	24 Sweet & Sour Meatballs over Rice Cauliflower Snap Peas Cantaloupe	NO ORDERS for this week after 9/10
29 Egg Salad with Lettuce and Tomato on Multigrain Bread Corn Cobette Peach Cup	30 Burger Plate with Macaroni Salad, Roasted Potatoes, and Meat Sauce Pear Cup	1 Reuben Style Chicken Breast on a Bun Mashed Squash Prince William Vegetables Mixed Fruit Cup	NO ORDERS for this week after 9/17

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.”