ONEgeneration Meal Program – Wilkinson Senior Center **SEPTEMBER 2026**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Whole Grain Linguine **1** **w/ Meat Sauce** (ground turkey w/ LS tomato) Broccoli ***Chopped Salad w/ Kale Fresh/Unsweetened Pear or Peach	**Tandoori Chicken** **2** (chicken thigh w/ LS sauce) Peas **Spinach Salad *Pineapple & Mandarin Fruit Cup Wild Rice Pilaf	**Beef Fajita** **3** w/ Peppers & Onions **LS Fideo Soup** LS Pinto Beans Spring Mix Salad *Cantaloupe or Diced Mango WG Warm Tortilla	**Labor Day Menu** **4** **Cheeseburger** (ground beef, cheese, lettuce, tomato, onion, whole grain bun) Roasted Carrots w/ Herbs Corn Strawberries
CLOSED **7** **in observance of** 	**Beef Meatloaf** **8** w/ LS Mushroom Sauce Rosemary Mashed Potatoes Green Beans w/ Herbs *Orange Whole Grain Roll	**Baked Fish** **9** **Jambalaya** w/ LS sauce **LS Garden Veggie Soup** **Carrots ***Broccoli Slaw Fresh/Unsweetened Plum/Pear Brown Rice Pilaf Lemon Pudding	**BBQ Pulled Chicken** **10** **Sandwich** w/ LS sauce Oven Roasted Brussels Sprouts *Chopped Salad w/ Kale Apple WG Roll	**Chickpea Curry** **11** (chickpeas, tomato, garlic, & onion w/ LS sauce) **Sweet Potato ***Spinach Salad w/ Mandarin Banana WG Couscous Naan Bread
Beef Bolognese **14** (ground beef, LS tomato sauce & WG penne pasta) Herbed Zucchini & Yellow Squash Caesar Salad w/ Croutons *Orange	**Baked Salmon** **15** **w/ LS Thai Chili Sauce** **LS Leek Soup** **Oven Roasted Carrots Cauliflower w/ Herbs *Pineapple/Mango Fruit Cup Whole Grain Roll	**Mexican Independence Day** **16** **Beef Tamale** w/ LS Sauce LS Pinto Beans *Shredded Cabbage Salad Fresh Fruit Whole Grain Roll	**Korean BBQ Beef** **17** (beef strip steak w/ LS sauce) **LS Tofu Vegetable Soup** Steamed Broccoli** Dill Cucumber Salad *Mandarin Fruit Cup Brown Rice Pilaf	**Stuffed Bell Pepper** **18** (ground turkey, barley, w/ LS sauce) Green Peas w/ Onions Romaine Salad w/ Tomato Fresh Fruit in Season *100% Orange Juice Dinner Roll
Arroz con Pollo **21** (chicken in LS sauce) Brown Rice LS Pinto Beans *Shredded Cabbage & Radish Salad Apple	**Curried Lentils** **22** (cooked lentils w/ herbs, spices & LS tomato) **LS Butternut Squash Soup** **Broccoli Tossed Romaine Salad *Orange Quinoa	**Beef Stroganoff** **23** (ground beef w/ LS sauce) **Parslied Carrots Mesclun Salad *Pineapple or Kiwi Whole Grain Noodles	**Chicken Cobb Salad** **24** (LS herbed chicken, hard cooked egg, ***mixed salad greens, corn, tomatoes, & bell pepper w/ 1000 island dressing) **LS Vegetable Soup** Fresh Fruit WG Roll	**Herb Crusted Tilapia** **25** w/ LS Lemon Sauce **LS Tomato Soup** LS Seasoned Green Beans ***Spinach & Kale Salad w/ Cucumber & Mandarin Banana WG Roll Yogurt Parfait w/ Berries
Turkey Burger **28** **LS Corn Chowder** **LS Baked Beans **Carrots *Orange Lettuce, Tomato, Onion Whole Grain Bun	**Savory Beef Stew** **29** (beef, **carrots, celery, onion & garlic w/ LS sauce) Green Peas w/ Pearl Onions Mashed Potatoes Fruit Cup WG Roll	**Chicken Mole** **30** Squash Medley Spring Salad Mix ***Mango Spanish Brown Rice Warm Tortilla Chocolate Chip or Oatmeal Cookie	**Community Investment Dept. Requirements:** *Lunch meets 1/3 requirement for the Recommended Daily Allowance.* *Meets Vitamin C requirement **Meets Vitamin A requirement ***Meets Vitamin A & C requirement [=] Potassium-rich *Suggested voluntary contribution: $3.00 per meal* **NOTE: Menu is subject to change without notice.**	