

ARANSAS COUNTY SENIOR CENTER September 2026 Menu 361-729-5352

Monday	Tuesday	Wednesday	Thursday	Friday
	9/1 Smoked Sausage w/Grilled Onions & Peppers (A, C) Baked Beans Corn (A, C) Pineapple Upside Down Cake Tortilla Low Fat Milk	9/2 Chicken À La King w/ Rice & Peas(C) Ginger Carrots (A, C) Biscuit Mandarin Orange Cup Low Fat Milk	9/3 Enchilada Casserole Mexican Rice Caribbean Blend (AC) Apple Crisp (A, C) Crackers Low Fat Milk	9/4 Fish Wedge w/ Tartar Sauce Mac N Cheese 4-Way Mixed Vegetables (A, C) Strawberry Banana Pudding (A, C) Wheat Roll Low Fat Milk
9/7 LABOR DAY CLOSED	9/8 Sweet N Sour Chicken Brown Rice Pacific Blend Vegetables (A, C) Vegetable Eggroll (A, C) Fruit Cocktail (A, C) Low Fat Milk	9/9 Hamburger Steak w/ Brown Gravy & Mushrooms Mashed Potatoes 5-Way Mixed Vegetables (A, C) Pear & Raisin Crisp (A, C) Roll Low Fat Milk	9/10 Calabaza con Pollo w/ Potatoes, Corn, Tomatoes Squash Green Beans (A, C) Corn Bread Fresh Orange (C) Low Fat Milk	9/11 Chili Mac Green Beans (A, C) Italian Blend Vegetables (A, C) Roll Gingerbread Cookie Low Fat Milk
9/14 Salisbury Steak w/ Creole Sauce Mashed Potatoes (C) Seasoned Lima Beans Wheat Roll Fresh Apple (A, C) Low Fat Milk	9/15 Chicken Nuggets w/ Cream Gravy Scalloped Potatoes Ranch Style Beans Peas and Carrots (A, C) Strawberry Shortcake (C) Sliced Bread Low Fat Milk	9/16 Spaghetti with Meatballs Garden Salad w/ Dressing (A, C) Seasoned Broccoli (A&C) Peach Crisp (A, C) Croissant Low Fat Milk	9/17 Breaded Pork Chop w/ Brown Gravy Mashed Potatoes (C) Green Beans (A, C) Fruit Ambrosia Salad (A, C) Bread Low Fat Milk	9/18 Baked Fish Sandwich w/Tartar Sauce Roasted Potatoes Broccoli Normandy (A, C) Tapioca Pudding w/ Raisins (A, C) Bun Low Fat Milk
9/21 Chicken Fried Steak w/Gravy Mashed Potatoes (C) Broccoli Normandy (A/C) Wheat Roll Fruit Cocktail (A/C) Low Fat Milk	9/22 Picadillo w/ Diced Potatoes, Corn (C)Red & Gold Green Beans (A/C) Apple Slices (A/C) Cornbread Low Fat Milk	9/23 CLOSED FOR TRAINING Turkey & Cheese Croissant Lettuce & Tomato/ Mayo Bag of Fritos Cowboy Caviar Dip Cottage Cheese & Diced Fruit Low Fat Milk *This meal will be served on *Tuesday as Chilled Meal	9/24 Pork Riblet w/BBQ Sauce Roasted Red Potatoes (A, C) Peas & Carrots /Mushrooms Grapes (A, C) Bun Low Fat Milk	9/25 Grilled Terriyaki Chicken w/ Pineapple Glaze Brown Rice 5-Way Mixed Vegetables (A, C) Orange (A, C) Wheat Roll Low Fat Milk
9/28 Chicken Parmesan over Spaghetti Italian Blend (A, C) Warm Spiced Peaches (A, C) Roll Low Fat Milk	9/29 Smoked Sausage w/Grilled Onions & Peppers Cabbage (A, C) Roasted Potatoes Baked Beans Lemon Pudding Cup Tortilla Low Fat Milk	9/30 Sloppy Joe on a Bun w Pickles Mashed Potatoes (C) Peas and Carrots (A, C) Pineapple Raisin Crisp (A, C) Low Fat Milk		

Cynthia Spruig MS, RD, LD

