

September 2026 Meal Calendar

Dexter Senior Center



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Pot Roast Roasted Sweet Potato California Blend Gala Apple/WW Bread Alternate Selection: Turkey Barley Soup	2 White Bean Chicken Chili Crackers/Northern Beans Side Salad/Orange FF Italian Dressing Alternate Selection: Tuna Salad Sandwich	3 Chicken Pasta & Veggies Broccoli/Cauliflower Mandarin Oranges WW Bread Alternate Selection: Chili	4 Paprika Chicken Mashed Potatoes Green Beans/Carrots Peach Cup/WW Bread Alternate Selection: Chicken Sandwich
	8 Chicken Wild Rice Soup Potato Salad Creamy Coleslaw Mandarin Oranges Alternate Selection: Turkey Sandwich	9 Hamburger Stroganoff Peas and Pearl Onions Mixed Fruit Wheat Bread Alternate Selection: Chicken Chili	10 Salisbury Steak Rosemary Potatoes Mixed Vegetables Pineapple/Wheat Bread Alternate Selection: Chicken Noodle Soup	11 Tikka Masala Jasmine Rice Green Beans Apple/WW Bread Alternate Selection: Chicken Salad Sand
14 Shepherd's Pie Mixed Vegetables Wheat Bread Pears Alternate Selection: Chili	15 Stir Fry Steak Brown Rice Oriental Vegetables Mixed Fruit/WW Bread Alternate Selection: Roast Beef Sandwich	16 Chicken Pasta Salad Peas and Carrots Strawberry Applesauce Wheat Roll Alternate Selection: Tuna Salad Sandwich	17 Vegetable Lasagna Baby Carrots Mandarin Oranges Wheat Bread Alternate Selection: Turkey Barley Soup	18 Beef Barley Casserole Wheat Bread Carrots Orange Alternate Selection: Chicken Sandwich
21 Ginger and Garlic Beef Brown Rice/WW Bread Cooked Broccoli Mandarin Oranges Alternate Selection: Egg Salad Sandwich	22 Maple Glazed Chicken Crackers/Wheat Bread Cooked Cabbage Roasted Potatoes/Peaches Alternate Selection: Chicken Chili	23 Chicken A La King Egg Noodles Carrots/Gala Apple Wheat Bread Alternate Selection: Turkey Sandwich	24 Sloppy Joe Mix WW Bun/FF Dressing Baby Carrots Mixed Fruit Alternate Selection: Chicken Noodle Soup	25 Chicken Enchilada Corn Tortilla Mixed Veggies Brown Rice/Pineapple Alternate Selection: Chicken Sandwich
28 Chicken Fettucine Alfredo WW Bread Prince Charles Blend Peaches Alternate Selection: Roast Beef Sandwich	29 Pot Roast Roasted Sweet Potato WW Bread/Gala Apple California Blend Alternate Selection: Turkey Barley Soup	30 White Bean Chicken Chili Crackers/Side Salad Orange/Northern Beans FF Italian Dressing Alternate Selection: Tuna Salad Sandwich	Note 1: Low fat milk and margarine are included in every regular meal (those in black print).	Note 2: Sides, such as salad and/or fruit are included with alternate meals (those in red print).