



**The McKissick Center**  
FOR SENIOR WELLNESS

# September 2025

| MONDAY   |  | TUESDAY  |  | WEDNESDAY  |  | THURSDAY   |  | FRIDAY   |  |
|--|--|--|--|--|--|--|--|--|--|
| <p>1</p> <p>CLOSED<br/>LABOR DAY<br/>HOLIDAY</p>   |  | <p>2</p> <p>Sweet &amp; Sour Chicken w/<br/>Rice, Oriental Vegetables<br/>Summer Squash, Egg Roll<br/>Mandarin Oranges<br/>Milk</p>  |  | <p>3</p> <p>Ham<br/>Potatoes Au Gratin<br/>Corn, Sliced Tomatoes<br/>Fruit Crisp, Roll<br/>Milk</p>              |  | <p>4</p> <p>Chef Salad w/ Dressing<br/>Grape Salad<br/>Crackers<br/>Cheese Cubes<br/>Juice</p>                 |  | <p>5</p> <p>Meatloaf<br/>Tomatoes &amp; Okra<br/>Mashed Potatoes<br/>Cornbread/Banana<br/>Milk</p>                                     |  |
| <p>8</p> <p>Pork Medallions in Cream Sauce<br/>Orzo, Roasted Brussel Sprouts<br/>Navy Beans, Roll<br/>Pudding<br/>Fruit Juice Packet</p> |  | <p>9</p> <p>Turkey &amp; Swiss Wrap<br/>Broccoli Salad<br/>Red or Orange Bell Pepper<br/>Orange<br/>Milk</p>                         |  | <p>10</p> <p>Herb Roasted Chicken<br/>Mashed Potatoes<br/>Squash &amp; Zucchini<br/>Sliced Apples<br/>Yogurt</p> |  | <p>11</p> <p>Lasagna<br/>Green Beans<br/>Tossed Salad<br/>Blueberries, Garlic Bread<br/>Milk</p>               |  | <p>12</p> <p>Chicken Salad<br/>over Fresh Spinach<br/>Cucumber &amp; Tomato Slices<br/>Fruit Cocktail, Crackers<br/>Chocolate Milk</p> |  |
| <p>15</p> <p>Kielbasa w/ Sauerkraut<br/>Mashed Red Potatoes<br/>Black Eyes Peas<br/>Fruit Cup/ Roll<br/>Milk</p>                         |  | <p>16</p> <p>Beef Tacos w/ Pico De Gallo<br/>Mixed Greens<br/>Spanish Rice<br/>Raisins<br/>Pudding</p>                               |  | <p>17</p> <p>Pancakes<br/>Sausage<br/>Creamed Spinach<br/>Warm Fruit Salad<br/>Milk</p>                          |  | <p>18</p> <p>Hawaiian Chicken Sliders<br/>Roasted Sweet Potatoes<br/>Spiced Fruit<br/>Milk</p>                 |  | <p>19</p> <p>Ham &amp; Pea Salad<br/>Pasta Salad<br/>Pickled Beets<br/>Crackers /Cantaloupe<br/>Yogurt</p>                             |  |
| <p>22</p> <p>Cheese Ravioli w/ Meat Sauce<br/>Broccoli, Cauliflower<br/>Applesauce<br/>Garlic Bread<br/>Juice Cup</p>                    |  | <p>23</p> <p>Oven Fried Chicken<br/>Squash Casserole<br/>Lima Beans<br/>Peaches, Roll<br/>Milk</p>                                   |  | <p>24</p> <p>Turkey Salad on Croissant<br/>Spinach Salad<br/>Fruit Cocktail<br/>Yogurt</p>                       |  | <p>25</p> <p>Baked Pork Chop w/<br/>Rice and Gravy<br/>Sweet Potato, Mixed Greens<br/>Apple, Roll<br/>Milk</p> |  | <p>26</p> <p>Hot Dog w/Chili<br/>Blackeye Pea Salad<br/>Carrot Slaw<br/>Banana Pudding<br/>Juice</p>                                   |  |
| <p>29</p> <p>BBQ on Bun<br/>Baked Beans<br/>Cole Slaw<br/>Mixed Fruit Cup<br/>Milk</p>   |  | <p>30</p> <p>Sweet &amp; Sour Chicken w/<br/>Rice, Oriental Vegetables<br/>Summer Squash, Egg Roll<br/>Mandarin Oranges<br/>Milk</p> |  |  |  |  |  |  |  |

Menu items are subject to change due to availability