

East Toledo SENIOR CENTER

Menu for September 2026

**For information on individual ingredients
please see a staff member.**

**Food allergy notice: Please be advised that food
prepared here may contain these ingredients:
MILK, EGGS, WHEAT, SOY, PEANUTS, TREE NUTS,
FISH & SHELLFISH.**



East Toledo Senior Center Dining Site 1001 White
Street Toledo, Ohio 43605. **To make lunch
reservations, please call 419-691-2254 ext. 9**
Suggested donation is \$2.50 for those aged 60
and over.

A choice of white or chocolate milk is offered
daily with each meal.

September Week 1

TUES~ 9-1 BEEF & NOODLES

Bread w/ Butter, Apple, Carrots & Peas

WED~ 9-2 CHICKEN SALAD SANDWICH

Broccoli Salad, Corn, Mandarin Oranges

THURS~ 9-3 TURKEY & CHEESE SANDWICH

chips, banana, cottage cheese

FRI~ 9-4 CHICKEN CORDONBLEU CASSEROLE

Cauliflower, Roll w/Butter, Pears



September Week 2

MON~ 9-7 CLOSED FOR LABOR DAY

TUES~ 9-8 GRILLED CHEESE & TOMATO SOUP

Chips, Fruited Jell-O

WED~ 9-9 HAM & CHEESE SLIDERS

Broccoli, Cottage Cheese, Apple Sauce

THURS~ 9-10 TACO SALAD

Corn, Black Beans, Mandarin Oranges,
Chips

FRI~ 9-11 CHICKEN SPAGHETTI

Brussels Sprouts, Cottage Cheese, Fruit
Cocktail, Garlic Bread



September Week 3

MON~ 9-14 FRIED BOLOGNA SANDWICH

Side Salad, Corn, Pears

TUES~ 9-15 TUNA MAC

Cottage Cheese, Peaches, Chips, Peas & Bread Stick

WED~ 9-16 DELUXE CHEESE BURGER

Fries & Peaches

THUR~ 9-17 MINI BAGEL PIZZA

Cauliflower, Fruited Jell-O.

FRI~ 9-18 EGG SALAD SANDWICH

Chips, Apple



September Week 4

MON~ 9-21 GRILLED PORK CHOP

Sweet Potato, Cottage Cheese, Fruit
Cocktail & Roll w/ Butter

TUES~ 9-22 STUFFED PEPPER SOUP

Bread w/ Butter, Pears

WED~ 9-23 SHREDDED CHICKEN SANDWICH

Mashed Potatoes w/ Gravy, Corn,
Peaches

THURS~ 9-24 TURKEY STUFFING ROLLS

Green Beans, Corn, Mashed Potatoes W/
Gravy, Cranberry Sauce, Roll w/ Butter

FRI~ 9-25 HAMBURGER TOMATO MACCARONI

Cheddar Biscuit, Broccoli & Apple Sauce



September Week 5

MON~9-28 HOT ROASTBEEF SANDWICH

Mashed Potatoes w/ Gravy, Corn,
Peaches & Roll w/ Butter

TUES~9-29 HAM & CORN CHOWDER

Cottage Cheese, Green Beans, Apple
Sauce, Bread w/ Butter

WED~9-30 CABBAGE ROLL CASSEROLE

Fruit Cocktail, Bread w/ Butter

