Gateway Regional Kitchen

Menu

September 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31	01 Breaded Pork Chops Mashed Potatoes Margarine 1% Milk Steamed Cabbage WGrain White Roll Ambrosia Salad Pepper Sausage Gravy	02 Pinto Beans Cornbread RS Seasoned Greens Margarine 1% Milk Mandarin Oranges	03 Fish Sandwich 1% Milk Brown Sugar Glazed Carrots Mixed Fruit RF/RC Creamy Cole Slaw	04 Hamburger Steak WGrain White Roll Mashed Potatoes 1% Milk Succotash Clementine Mandarin Frsh
07 Closed - Labor Day	08 Beef Macaroni Casserole WGrain White Roll Corn 1% Milk Fresh Orange	09 Herb Marinated Chicken Breast Sweet Potatoes Broccoli and Cheese WGrain White Roll 1% Milk Margarine Vanilla Pudding Applesauce	10 RS Baked Potato Soup Turkey Sandwich Banana Oyster Cracker 1% Milk	11 BBQ Pork Chop Au Gratin Potatoes Margarine WGrain White Roll Green Peas Fried Apples 1% Milk
14 Navy Bean Soup Collard Greens Tropical Fruit Salad 1% Milk Margarine Cornbread MTG Chocolate Chip Cookie	15 Meatloaf WGrain White Roll Mashed Potatoes Green Peas 1% Milk Vanilla Pudding	16 Chicken Salad Marinated Cucumbers & Tomatoes Fruit Cocktail Wheat Bread 1% Milk Baked Potato Chips	17 Pork Chop Green Beans Sweet Potatoes Apple Slices Cornbread 1% Milk Margarine RC Chocolate Pudding	18 Pizza Casserole Broccoli Margarine WGrain Breadstick 1% Milk Banana
21 Chicken Cordon Bleu California Vegetable Blend Whipped Sweet Potatoes WGrain White Roll Banana 1% Milk Margarine	22 Herbed Pork Loin Scalloped Potatoes WGrain White Roll Lima Beans Ambrosia Salad 1% Milk	23 Salisbury Steak MTG Mashed Potatoes Creamed Peas WGrain White Roll Margarine Oatmeal Cream Cookie 1% Milk	24 Roast Turkey Baked Potato Brown Sugar Glazed Carrots WGrain White Roll Margarine 1% Milk Berry Applesauce	25 RS Spaghetti Meat Sauce Broccoli & Cauliflower WGrain Breadstick Red Grapes Bowtie Pasta Chocolate Chip Cookie 1% Milk
28 Oven Fried Chicken Crumb Topped Brussels Sprouts Scalloped Potatoes WGrain White Roll Sugar Cookie 1% Milk Diced Pears	29 Turkey & Stuffing Casserole 1% Milk Mixed Fruit Green Beans WGrain White Roll Mashed Potatoes	30 Breaded Pork Chops Sweet Potatoes Hot Spiced Apples WGrain White Roll Collard Greens 1% Milk	01	02

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Bath County Senior Center
19 East Main Street
Owingsville, KY 40360

Menifee County Senior Center
68 Old Campus Road
Frenchburg, KY 40322

Montgomery County Senior Center
109 East Locust Street
Mount Sterling, KY 40353

Morgan County Senior Center
493 Riverside Drive
West Liberty, KY 41472

Rowan County Senior Center
740 Clearfield Street
Morehead, KY 40351