GATEWAY REGIONAL SENIOR CENTERS

The Menu

November 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
02 Pork Chop Green Beans Sweet Potatoes Apple Slices Cornbread 1% Milk Margarine RC Chocolate Pudding	03 Pizza Casserole Broccoli Margarine WGrain Breadstick 1% Milk Banana	04 No Meals Served	05 Navy Bean Soup Collard Greens Tropical Fruit Salad 1% Milk Margarine Cornbread MTG Chocolate Chip Cookie	06 Meatloaf WGrain White Roll Mashed Potatoes Green Peas 1% Milk Vanilla Pudding
09 BBQ Pork Chop Au Gratin Potatoes Margarine WGrain White Roll Green Peas Fried Apples 1% Milk	10 Herb Marinated Chicken Breast Sweet Potatoes Broccoli and Cheese WGrain White Roll 1% Milk Margarine Vanilla Pudding Applesauce	11 Closed - Veterans Day	12 Cheese Burger Deluxe RF/RC Creamy Cole Slaw Sweet Potato Fries 1% Milk Diced Pears	13 Beef Macaroni Casserole WGrain White Roll Corn 1% Milk Fresh Orange
16 Breaded Pork Chops Mashed Potatoes Margarine 1% Milk Steamed Cabbage WGrain White Roll Ambrosia Salad Pepper Sausage Gravy	17 Fish Sandwich 1% Milk Brown Sugar Glazed Carrots Mixed Fruit RF/RC Creamy Cole Slaw	18 No Meals Served	19 Hamburger Steak WGrain White Roll Mashed Potatoes 1% Milk Succotash Clementine Mandarin Frsh	20 Pinto Beans Cornbread RS Seasoned Greens Margarine 1% Milk Mandarin Oranges
23 Breaded Pork Chops Sweet Potatoes Hot Spiced Apples WGrain White Roll Collard Greens 1% Milk	24 Roast Turkey LS Gravy Mashed Potatoes Carrots Applesauce Pie Milk	25 No Meals Served	26 Closed - Thanksgiving	27 Closed - Thanksgiving
30 Salisbury Steak MTG Mashed Potatoes Creamed Peas WGrain White Roll Margarine Oatmeal Cream Cookie 1% Milk	01	02	03	04

855.882.5307 | info@gwadd.org | gwadd.org | GatewayADD

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