

April

South County Senior Center

225 Lemay Ferry Rd 314-631-8698

2024

Monday		Tuesday		Wednesday		Thursday		Friday	
1	Chicken Broccoli Alfredo Italian Blend Vegetable Tropical Fruit Cup Garlic Bread	2	Turkey Club Wrap Fresh Vegetable / Hummus Cucumber Salad Orange Wheat Tortilla	3	Lemon Pepper Fish Parmesan Tomatoes Crispy Baked Okra Fruit And Yogurt Parfait Hushpuppies Rice Pilaf	4	Beef Tips With/ Mushroom Gravy Mashed Potatoes Roasted Green Beans Mixed Berries Wheat Roll Brownie	5	Beef Tacos Cheese,tom,lettuce Fiesta Corn Refried Beans Pineapple Tidbits Brown Rice Tortillas
8	Seasoned Baked Chicken Green Beans/onions Glazed Carrots Cantaloupe Mac And Cheese Wheat Roll	9	Shrimp Po Boy Sandwich Stewed Tomatoes Snap Peas Grapes Wheat Buns	10	Swedish Meatballs Caulifornia Blend Veg Black Eyed Peas Banana Egg Noodles Wheat Bread	11	Sloppy Joe Corn on the Cob Butternut Squash Strawberry Angle Food Cake Wheat bun	12	Sweet Potato Tot Breakfast Casserole Turkey Sausage Apple Juice Honey Dew Melon Breakfast Cereal Peanut Butter Cheese Crackers
15	Turkey Pesto Sandwich Cole Slaw Marinated Vegetable Salad Fruit Cocktail Ciabatta Roll	16	Spaghetti And Meatballs Side Salad Green Beans Orange Coconut Dessert Garlic Bread	17	Beer Battered Cod Tomatoes And Zucchini Corn Pineapple Nut Salad Hush Puppies Blue Berry Muffin	18	Meatloaf Au Gratin Potatoes Steamed Broccoli Strawberries Wheat Roll Cereal Bar	19	Chicken Cacciatore Sauteed Spinach (6oz) Apple Cobbler Spaghetti Noodles Bread Stick
22	Salsa Chicken Black Beans Cheesy Cauliflower Watermelon Spanish Rice Oatmeal Raisin cookies	23	Philly Cheesesteak Baby Carrots Roasted Potatoes Diced Peaches Wheat Bun	24	Pepperoni And Cheese Pizza Side Salad Corn Spiced Apples Bread Stick	25	Country Fried Steak Mashed Potatoes W/Gravy Meadow Blend Veg Applesauce Dinner Roll Apple Cinn Muffin	26	BBQ Pork Riblet Butternut Squash Marinated Artichoke Salad Banana Wheat Bun
29	Chicken Pot Pie Harvard Beets Brussels Sprouts Fruit Punch Vanilla Wafers	30	Ham And Beans Peas And Carrot Blackberries Corn Bread Cereal Bar	The suggested donation for all seniors meals is \$5.00 All donations are appreciated		reservations must be made one week in advance			