

MAY

South County Senior Center

225 Lemay Ferry Rd 314-631-8698

2024

Monday		Tuesday		Wednesday		Thursday		Friday	
The suggested donation for all seniors meals is \$5:00 All donations are appreciated				1	BBQ Burger On Texas Toast Potato Wedges Green Bean Casserole Peach Crisp Texas Toast	2	Beef Stroganoff Winter Mix Carrots Fruit Cocktail Egg Noodles Wheat Bread	3	Chef Salad Grape Salad Wheat Crackers Goldfish Crackers
6	Stuff Peppers Succotash Grapes In Gelatin Rice Tortilla Chips	7	Cheese Ravioli W/Tomato Sauce Creamed Spinach Blushing Pears Bread Sticks	8	Baked Teriyaki chicken Stir Fried Blend Dreamsicle Dessert Fried Rice Egg Roll	9	Bratwurst Grilled Peppers And Onions Baked Beans Curly Fries Stewed Apples/Raisin Wheat Bun	10	Sliced Turkey w/ Stuffing Corn Broccoli Pears Biscuit
13	Chicken broccoli Alfredo Italian vegetable Tropical fruit cups Garlic bread	14	Turkey club wrap Fresh vegetable W/hummus Cucumber salad Honey dew melon Wheat tortilla	15	Lemon pepper fish Parmesan tomatoes Crispy baked okra Fruit and yogurt parfait Hushpuppies Rice pilaf	16	Beef tips with Mushroom gravy Lima beans Mixed berries Wheat roll Brownie Carrots	17	Taco Casserole Fiesta corn Pinto beans Pineapple tidbits Brown rice Graham Crackers
20	Seasoned baked chicken Green beans Glazed carrots Cantaloupe Mac and cheese Wheat roll	21	Shrimp Po Boy sandwich Stewed tomatoes Snap peas Grapes Wheat bun	22	Swedish meatballs California vegetables Blacked eyed peas Banana Egg noodles Wheat bread	23	Diced pork W/gravy Brussels sprouts Butternut squash Strawberry angel Food cake Dressing	24	Sweet potato tot Breakfast casserole Apple juice Orange Biscuit Breakfast cereal
27	Turkey pesto sandwich Baked potato salad Marinated vegetable salad Fruit cocktail Ciabatta roll	28	Beer Battered cod Tomatoes & Zucchini Pineapple Nut Salad Hushpuppies Apple-cinn Muffins Corn	29	Meatloaf Au Gratin Potatoes Steamed Broccoli Strawberries Wheat Roll Cereal Bar	30	Chicken Cacciatore Sauteed Spinach Peach Cobbler Spaghetti Noodles Bread Stick	31	Hot Dog on Bun Baked Beans Cole Slaw Spiced Aplples

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