

June		Aging Ahead - O'Fallon Senior Center						2025	
		RESERVATIONS REQUIRED				636-272-4180			
		LUNCH IS SERVED 11:30-12:15							
Monday		Tuesday		Wednesday		Thursday		Friday	
2	Scalloped Potatoes & Ham Casserole Brussel sprouts Pears Cornbread Dressing Rice Crispy	3	Pesto Chicken Italian Vegetable Blend Harvard Beets Sliced Peaches California Pasta Salad Garlic Bread	4	Beer Batterd Cod Stewed Tomatoes Sauteed Spinach Mango Wheat Roll Brown Rice Pilaf	5	BBQ Cheese Burger Three Bean Salad Tator Tots Blueberry Crisp Wheat Bun	6	Sour Cream & Onion Chicken Cheesy Broccoli Black Eyed Peas Fruit Jello Salad Wheat Roll Chocolate Muffin
9	Popcorn Shrimp Red Beans & Rice Corn Apricot Halves Wheat Bread	10	Spaghetti & Meatballs Green Beans Grape Salad Garlic Bread	11	Baked Ham Sweet Potato Fries Lima Beans Banana Pudding Wheat Roll Vanilla Wafers	12	Gold N Spice Chicken Sandwich Steamed Carrots Potato Salad Baked Cinnamon Apples Wheat Bun	13	Breakfast Corn Dog Egg Patty Breakfast Potatoes Apple Juice Orange Cereal Cup
16	Philly Cheesesteak Sandwich Peppers and Onions Roasted Chickpeas Hot Spiced Peaches Wheat Bun	17	Pork Tenderloin w/ Gravy Great Northern Beans Creamed Corn Orange Coconut Dessert Wheat Bread Chocolate Chip Cookie	18	Chicken Ceser Salad Garlic Broccoli Melon Salad Crackers Granola Bar	19	Chicken Tenders French Fries Green Peas Blueberries Wheat Roll Teddy Grahms	20	Beef Chili Mac California Vegetable Blend Apple Corn Bread
23	Walking Tacos White Corn Blend Black Beans Applesauce Doritos Nutra Grain Bar	24	Smothered Porkchops Beans Chefs Mixed Vegetables Peach Cobbler Wheat Roll Goldfish	25	Flounder Fillet Roasted Asparagus Chefs Mixed Vegetables Blackberries Lemon Pasta Vanilla Wafers	26	Lemon Pepper Chicken Potato Wedges Roasted Zucchini Pineapple Tidbits Wheat Roll Chocolate Chip Cookie	27	Open Face Turkey Sandwich Garlic Greenbeans Cheesey Cauliflower Honeydew Wheat Bread
30	Ceaser Salad Wrap W/ Chicken Roasted Cauliflower Fresh Veggies W/ Ranch Fruit and Yogurt Parfait Wheat Tortilla Wheat Crackers		*60 AND OVER- \$5.00 *60 AND UNDER? -\$10.00 * PLEASE REMEMBER TO RESERVE LUNCH 1 WEEK IN ADVANCE!!!		The suggested donation for all senior meals is \$5.00 All donations are appreciated!				
Daily Menus May Change Without Notice									