<b>T</b> 7	Aging Ahead - O'Fallon Senior Center			
July	RESERVATIONS REQUIRED		636-272-4180	2025
	LUNCH IS SERVED 11:30-12:15			
Monday	Tuesday	Wednesday	Thursday	Friday
*60 AND OVER- \$5.00 *60 AND UNDER? -\$10.00 * PLEASE REMEMBER TO RESERVE LUNCH 1 WEEK IN ADVANCE!!!	1 Ham and Swiss Sandwich Coleslaw Three Bean Salad Strawberries Wheat Bread	2 Chicken and Dumplings Roasted Brussel Sprouts Glazed Carrots Watermelon Whole Grain Breadstick	3 Cheese Ravioli Zucchini Tomato Sauce Apple Sauce Garlic Breadd	4 Closed
7 Swedish Meatballs Green Beans Parmesan Tomatoes Apricot Halves Egg Noodles Chocolate Muffin	8 Wholoe Grain Pollock Sticks Fries Sauteed Spinach Grapes Wheat Bread Nutri-Grain Bar	9 Honey Glazed Pork Loin Cheesy Cauliflower Chefs Mix Vegtables Pinapple Wheat Roll Granola Bar	10 Sloppy Joe Tator Tots Baked Beans Fruit in Gelatin Wheat Bun	11 Cheesy Ranch Chicken Roasted Broccoli Creamed Corn Sliced Pears Garlic Bread Chocolate Chip Cookie
14 Chicken Fajitas Peppers and Onions Black Beans Fruit Cocktail Spanish Rice Tortillas	15 Western Omelet Hashbrown Patty Banana Mandarin Oranges Biscuit Nutri-Grain Bar	16 Chicken Strips French Fries Green Peas Blueberries Wheat Roll Teddy Grahms	17 Salisbury Steak W/ Gravy Au Gratin Potatoes Sauteed Cabbage Fruit Fluff Wheat Roll Whole Grain Donut Holes	18 Crab Cakes Blackeyed Peas Cheesy Corn Bake Mixed Berries Hushpuppies Whole Grain Rice Crispy Treat
21 Shepherd's Pie Stewed Tomatoes Mango Whole Grain Breadstick Tiger Grahms	22 Beef & Broccoli Stir Fry Veggies Mandarin Oranges Rice Blueberry Muffin	23 BBQ Pork Cutlet Roasted Chickpeas Steamed Baby Carrots Blackberries Wheat Roll Whole Grain Cinnamon Rolls	24 Open Faced Roast Beef Sandwich w/ Swiss and Gravy Roasted Cauliflower Garlic Greenbeans Stewed Apples and Raisins Wheat Bread	25 White Chicken Chili Yams Peach Cobbler Cornbread Granola Bar
28 Oven Baked Fish Sandwich Brussel Sprouts Potato Wedges Tropical Fruit Salad Wheat Bun	Side Salad Spiced Peaches Spaghetti Whole Grain Cheese Breadstick	30 Stuffed Pepper Casserole Refried Beans Orange Dreamsicle Desert Tortilla Chips Daily Menus May Change Without Notic	31 Meatloaf Garlic Mashed Potatoes Green Beans Diced Peaches Wheat Roll Fig Bar	The suggested donation for all senior meals is \$5.00 All donations are appreciated!