

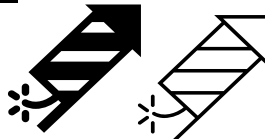
July

# Aging Ahead St. Peters Senior Center

636-278-2410

## Senior Center Menu

2025

Monday		Tuesday		Wednesday		Thursday		Friday	
30	Pulled Pork Sandwich Sweet Potato Fires Lima Beans Fruit Crisp Wheat Bun	1	Turkey Sandwich Side Salad Coleslaw Strawberries Wheat Bread	2	Chicken and Dumplings Roasted Brussel Sprouts Glazed carrots Watermelon WG Bread Sticks	3	Sloppy Joe Tator tos Baked Beans Fruit in Jello Wheat bun	4	Closed 
7	Swedish Meatballs Green Beans Parmesan Tomatoes Apricots Egg Noodles WG Muffin	8	WG Pollock Sticks Baked Potatoes Sauteed Spinach Grapes Wheat Bread Mac and Cheese	9	Honey Glazed Pork Loin Cheesy Cauliflower Beets Pinapple Wheat Roll Graham Crackers	10	Cheese Ravioli Seasoned Zucchini Tomatoe Sauce Apple Sauce Garlic Bread	11	Cheesy Ranch Chicken Roasted Broccoli Creamed Corn Sliced Pears Garlic Bread WG Cookie
14	Chicken Fajitas Black Beans Sauteed Peppers and onions Fruit Cocktail Spanish Rice Tortillas	15	Cheese Omelet HashBrown Patty Fruit Juice Mandarin Oranges Biscuit NutriGrain Bar	16	Chicken Sandwich Steamed Carrots Side Salad Wheat bun Baked Cinnamon Apples	17	MeatLoaf Au Gratin Potatoes Sauteed Cabbage Fruit Fluff Wheat Roll WG Donut Holes	18	Crab Cakes Blackeyes Peas Cheesy Corn Bake Mixed Berries Hushpuppies WG Rice Krispie Treat
21	Shepherds Pie Stewed Tomatoes Mango WG Breadsticks Tiger Grahams	22	Baked Ham Sweet Potato Fries Lima Beans Banana Pudding Wheat Roll Vanilla Wafers	23	Bbq Pork Cutlet Cheesy Broccoli Steamed baby Carrots BlackBerries Wheat Roll WG Cinnamon Roll	24	Open Face Roast Beef Roasted Cauliflower Garlic Green Beans Stewed Apples Wheat Bread	25	Chicken Chili Yams Fruit Cobbler Cornbread Granola Bar
28	Oven Baked Fish Sandwich Brussel Sprouts Potato Wedges Tropical Fruit Salad Wheat Bun	29	Chicken Parmesan Tomato Sauce Side Salad Spiced Peaches WG Cheese Breadsticks	30	Stuffed Peppers Casserole Refried Beans Oranges Tortilla Chips	31	Mushrooms Swiss Burgers Fries Sauteed Spinach Fruit Crisp Wheat bun		

Change Without Notice