

October		Aging Ahead - O'Fallon				2025			
		(636)272-4180							
		Congregate Menu							
Monday		Tuesday		Wednesday		Thursday		Friday	
The suggested donation for all senior meals is \$5.00 All donations are appreciated!				1 Jeannie's Potato Crusted Pork Chops German Potato Salad Parmesan Yellow Squash Stewed Apples and Raisins Wheat Roll Neutrigrain Bar		2 Caesar Salad Chicken Wrap Marinated Artichokes Veggies w/ Hummus Grapes Whole Grain Tortilla		3 Beef Pot Roast Creamed Spinach Mashed Potatoes Sliced Peaches Corn Bread Tiger Grahams	
6 Chicken Gyro Roasted Chickpeas Cucumber,Tomato,Onion Salad Apple Crisp Pita Sunchips		7 Beef Chili Mac Roasted Root Vegetables Mixed Fruit Corn Bread		8 Garlic & Herb Pork Tenderloin Brussels Sprouts Baked Beans Applesauce Chocolate Chip Cookie Wheat Bread		9 Herb Crusted Baked Fish Parmesan Tomatoes Green Peas Pinapple Coconut Desert Rice Pilaf Whole Grain Breadstick		10 Oven Roasted Turkey Breast w/ Gravy Greenbean Casserole Mashed Potatoes Cranberry Sauce Wheat Roll Stuffing	
13 Cheese Lasagna Rollups Tomato Sauce Side Salad Hot Spiced Pears Garlic Bread		14 Chopped Steak w/ Gravy Boiled Potatoes Cheesy Cauliflower Banana Wheat Roll Graham Crackers		15 Pork Fried Rice Stir Fry Vegetables Honeydew Fried Rice Wheat Bread		16 Chicken Tenders Curly Fries Lima Beans Mixed Berries Texas Toast Granola Bar		17 Walking Tacos Refried Beans Roasted Corn and Peppers Mango Whole Grain Doritos Whole Grain Rice Crispy Treat	
20 Tuna Noodle Casserole 3 Bean Salad Key Largo Vegetable Blend Blueberry Cobbler Wheat Roll		21 Open Faced Contry Biscuit Sandwich Diced Potatoes Apple Orange Juice Whole Grain Biscuit		22 Chicken Alfredo Dill Carrots Steamed Broccoli Blueberries Garlic Bread		23 Chef Salad Tropical Fruit Cup Sunchips Chocolate Muffin		24 Pulled Pork Baked Potato Sauteed Cabbage Ambrosia Salad Whole Grain Donut Holes Whole Grain Goldfish	
27 Country Fried Steak W/ Cream Gravy Garlic Greanbeans Mashed Potatoes Apricots Wheat Roll Chocolate Chip Cookie		28 Crispy Chicken Sandwich Roasted Cauliflower Harvered Beets Fruit Fluff Wheat Bun		29 Beer Battered Cod Coleslaw Potato Wedges Baked Pinapple Fig Bar Hushpuppies		30 Carnitas Enchiladas Cowboy Caviar Black Beans Spiced Peaches Tortillas		31 Sweedish Meatballs Green Peas Parmesan Tomatoes Apricots Egg Noodles Fig Bar	
Daily Menus May Change Without Notice									

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