

September



Aging Ahead - St. Charles Senior Center

636-949-0658



2025

Congregate Menu

Monday		Tuesday		Wednesday		Thursday		Friday	
1	 CENTER CLOSED	2	Omelet Crispy Diced Potatoes Cinnamon Roll Apple Fruit Juice	3	Breaded Pork Chop Roasted Chickpeas Steamed Baby Carrots Wheat Roll Cheez-it Crackers Blackberries	4	Open Faced Roast Beef Roasted Cauliflower Garlic Green Beans Wheat Bread Stewed Apples & Raisins	5	White Chicken Chili Yams Cornbread Granola Bar Fruit Cobbler
8	Oven Baked Fish Sandwich Brussel Sprouts Potato Wedges Tropical Fruit Salad	9	Chicken Parmesan Spaghetti Three Bean Salad WG Cheese Breadstick Spiced Peaches	10	Stuffed Pepper Casserole Refried Beans Tortilla Chips Orange Dreamsicle Dessert	11	Turkey Pesto Sandwich Artichoke Salad V8 Cranberry Applesauce	12	Chicken Sausage Breakfast Sandwich Hashbrown Patty Fruit & Yogurt Parfait Fruit Juice
15	Cheeseburger Wheat Bun Lettuce, Tomato, Onion, Pickle Baked Beans Corn Caramel Baked Apples	16	Cajun Baked Fish Vegetable Blend Sauteed Spinach Rice Pilaf Hushpuppies Cranberry Pineapple Gelatin	17	Ham and Beans Roasted Okra Cornbread Crackers Cantaloupe	18	Meatball Sub Oven Roasted Potatoes Cheesey Broccoli Waldorf Salad	19	Chicken Apple Crunch Salad Croissant Cucumber Salad Potato Salad Blueberries
22	Meatloaf Garlic Mashed Potatoes Green Peas Wheat Roll Sliced Peaches Fig Bar	23	Bratwurst Wheat Bun Peppers, Onions, Sauerkraut Tater Tots Banana Pudding/Banana	24	Chicken & Dumplings Roasted Brussel Sprouts Glazed Carrots WG Breadstick Strawberry Cream Gelatin	25	Cheese Ravioli with Tomato Sauce Seasoned Zucchini Garlic Bread Applesauce	26	Pulled Pork Sandwich Sweet Potato Fries Corn Casserole Fruit Crisp
29	Swedish Meatballs Egg Noodles Garlic Green Beans Parmesan Tomatoes Apricot Halves Muffin	30	Pollock Sticks Sweet Potato Casserole Sauteed Spinach Wheat Bread Cheez-It Crackers Pineapple Chunks	<i>The suggested donation for all senior meals is \$5.00 All donations are appreciated!</i>		PLEASE CALL TO MAKE LUNCH RESERVATION 636-949-0658 		LUNCH IS SERVED DAILY FROM 11AM-12PM <i>All meals served with milk</i>	

Daily Menus May Change Without Notice
