

APRIL

Ferguson Senior Center

314-867-5661

2026

Congregate Menu

Monday		Tuesday		Wednesday		Thursday		Friday	
The suggested donation for all senior meals is \$8.00 All donations are appreciated!				1	Spaghetti and Meatballs Green Beans Topical Fruit Mix Breadstick Milk	2	Grilled Chicken Caesar Salad Fresh Veggies w/ Ranch Blackberries Salad Crackers Muffin Milk	3	Lemon Pepper Fish California Blend Vegetables Pea's and Carrots Fruit & Yogurt Parfait Cheesy Rice Granola Bar Milk
6	Philly Cheesesteak Cream Corn Broccoli Peach Cobbler Wheat Bun Milk	7	Smothered Pork Chop Baked Sweet Potato Glazed Carrots Mixed Berries Wheat Bread Fig Bar Milk	8	Beer Battered Cod Stewed Tomatoes Sauteed Cabbage Grapes Hushpuppies Macaroni & Cheese Milk	9	Cheese Ravioli Side Salad Hot Spiced Pears Garlic Bread Milk	10	BBQ Chicken Breast Roasted Asparagus Great Northern Beans Watermelon Rice Krispy Treat Roll Milk
13	Western Omelet w/ Ham, Onions, & Peppers Hashbrown Patty Blueberries Banana Croissant Milk	14	Jambalaya Roasted Zucchini Strawberries Wheat Roll Milk	15	Country Fried Steak w/ gravy Mashed Potatoes Cheesy Broccoli Mixed Berries Wheat Roll Granola Bar Milk	16	Cheesy Ranch Chicken Key Largo Vegetables Green Pea's Fruit Cocktail Wheat Bread Brownie Milk	17	Beef Nachos Refried Beans Roasted Corn & Peppers Mango Tortilla Chips Cookie Milk
20	Honey Glazed Pork Loin Cheesy Cauliflower Beets Pineapple Chunks Soft Pretzel Nutrigrain Bar Milk	21	Chicken Alfredo Penne Glazed Carrots Broccoli Blueberries Garlic Bread Milk	22	Chef Salad Tropical Fruit Cup Sun Chips Muffin Milk	23	Beef Chili Mac Baked Potato Sliced Peaches Cornbread Milk	24	Baked Ham Sweet Potato Casserole Green Beans Apple Crisp Wheat Roll Stuffing Milk
27	Chicken Fajitas Pinto Beans Fruit Cocktail Spanish Rice Milk	28	Open Faced Roast Beef w/ Gravy Mashed Potatoes Lima Beans Stewed Apples & Raisins Wheat Bread Milk	29	Seafood Salad on Croissant Cucumber Salad Broccoli Grape Salad Mixed Berries Milk	30	BBQ Pork Riblet Sandwich Cheesy Corn Bake Baked Beans Blackberries Wheat Bun Milk		

Daily Menus May Change Without Notice