

May



2026

The cost of the meal (\$8 suggested donation, \$12 for those under 60) South County Senior Center 225 Lemay Ferry Rd 314-631-8698
Milk is provided for all meals.

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|--|---|
| | | | | Beef And Broccoli Zucchini Fries Mandarin Oranges White Rice Teddy Graham 1 |
| Meatloaf W/ Red Sauce 4 Brussel Sprouts Potato Wedges Fruit Salad Wheat Bread Goldfish | Chicken Parmesan 5 Tomato Sauce Side Salad Spiced Peaches Spaghetti Pasta Cheese Breadsticks | Scramble Eggs 6 Biscuit And Gravy Crispy Diced Potatoes Fruit & Yogurt Parfait Orange juice Blue Berries & Strawberries | BBQ Riblet 7 Baked Beans Carrots Watermelon Hamburger Bun | Greek Fajitas 8 Cucumber Sour Cream Salad Zucchini Salad Grapes Pita, Cookies |
| CheeseBruger on Bun 11 Tator Tots Corn Applesauce | Spaghetti W/ Meatballs 12 Green Beans W/ onions Cantaloupe Cheesy Garlic Bread | Scalloped Potatoes w/ 13 Ham, Roasted Zucchini Tropical Fruit Cornbread Dressing Sugar Cookies | Shrimp & Cheesy Rice 14 Peas & Carrots Chef Blend Key Largo Veg. Blackberries Granola Bar | Chicken Ceasar Salad 15 Fresh Veggies W/ Ranch Cole Slaw Fruit & yogurt Parfait Salad Crackers Graham Crackers |
| Jambalaya W/ 18 Andouille Sausage Red Bean And Rice Califonra Blend Strawberries Wheat Roll | Smothered Pork W/ 19 Mushroom Gravy Baked Potatoes Glazed Carrots Mixed Berries Wheat Bread, Fig Bar | Fish Sticks 20 Roasted Cherry Tomatoes 5 Way Blend Grapes Hushpuppies Mac & Cheese | Stuffed Cheese Shells 21 Side Salad Hot Spiced Pears Garlic Bread | BBQ Chicken Breast 22 Roasted Asparagus Corn Watermelon Rice Krispie Treat Wheat Roll |
| MEMORIAL DAY 25 CLOSED | Country Fried Steak 26 With Pepper Gravy Mashed Potatoes Cheesy Broccoli Mixed Berries Tx Toast, Granola Bar | Cheesy Ranch Chicken 27 Green Peas Cauilflower Fruit Cocktail Wheat Bread Donut Holes | Pan-A-Cake Sausage 28 Scramble Eggs W/ Peppers onions And Tomatoes Hashbrown Bananas And Blueberries Muffin | Beef Taco Casserole 29 Refried Beans Roasted Corn And Pepper Blend Apricots Sun Chips |