

May



2026

St. Charles Senior Center
 1455 Fairgrounds Rd St. Charles, MO 63301 (636)949-0658

Milk is provided with all meals. Suggested donation \$8 per meal or \$12 cost of meal if under 60 years of age.

Monday		Tuesday		Wednesday		Thursday		Friday	
								Beef and Broccoli	1
								WG Rice	
								Seasoned Zucchini	
								Mandarin Oranges	
								WG Teddy Grahams	
Chicken Parmesan	4	Meatloaf	5	Breakfast Platter	6	Hot Ham & Cheese Croissant	7	Greek Chicken Fajitas	8
Tomato Sauce		Potato Wedges		Scrambled Eggs, Sausage		Sweet Potato Casserole		Feta, Tomato, Red Onion	
Spaghetti		Brussel Sprouts		Biscuit with Gravy		Corn		Cucumber Sour Cream Salad	
Green Peas		Wheat Roll		Crispy Diced Potatoes		Baked Pineapple		Three Bean Salad	
WG Cheese Breadstick		Fruit Salad		Fruit & Yogurt Parfait				Grapes	
Spiced Pears		WG Cheez-Its		Fruit Juice				WG Cookie	
Mushroom Swiss Burger	11	Spaghetti & Meatballs	12	Scalloped Potatoes & Ham	13	Lemon Pepper Fish	14	Chicken Caesar Wrap	15
Wheat Bun		Tomato Sauce		Parmesan Zucchini		Vegetable Medley		Pepper with Ranch	
Tater Tots		Green Beans		Cornbread Dressing		Peas and Carrots		Coleslaw	
Harvard Beets		WG Breadstick		Tropical Fruit Mix		Cheesy Rice		Strawberries & Cottage Cheese	
Applesauce		Cantaloupe		WG Brownie		Blackberries		Graham Crackers	
Philly Cheesesteak	18	Breaded Pork Chop	19	Beer Battered Cod	20	Cheese Lasagna Rollup	21	Chicken Cordon Bleu	22
Wheat Hoagie Roll		Baked Potato		Roasted Cherry Tomatoes		Tomato Sauce		Garlic Red Potatoes	
Roasted Broccoli		Glazed Carrots		Sauteed Cabbage		Side Salad		Creamed Spinach	
Creamed Corn		Wheat Bread		Hushpuppies		Garlic Bread		Wheat Roll	
Fruit Cobbler		Mixed Berries		Macaroni and Cheese		Hot Spiced Peaches		Cranberry Orange Gelatin	
		Fig Bar		Grape Salad				WG Rice Krispie Treat	
CENTER CLOSED	25	Jambalaya	26	Country Fried Steak	27	Cheesy Ranch Chicken	28	Beef Nachos/WG Doritos	29
MEMORIAL DAY		Andouille Sausage		Mashed Potatoes/Gravy		Green Peas		Lettuce, Tomato, Cheese	
		Red Beans & Rice		Cheesy Broccoli		Glazed Carrots		Refried Beans	
		Peppers & Onions		Texas Toast		Wheat Bread		Roasted Corn & Peppers	
		Cornbread		Waldorf Salad		Orange Coconut Dessert		Mango	
		Strawberries		Granola Bar		WG Donut		WG Berry Scone	