

# June



# 2026

**Ferguson Senior Center 314-867-5661 Reservations must be made 24 hours in advance**

Monday		Tuesday		Wednesday		Thursday		Friday		
Honey Glazed Pork Loin Cheesy Cauliflower Beets Pineapple Chunks Wheat Bread Nutrigrain Bar, Milk	1	Chicken Alfredo Glazed Carrots Steamed Broccoli Blueberries Breadstick Milk	2	Chef Salad Tropical Fruit Cup Sun Chips Muffin Milk	3	Beef Chili Mac Baked Potato Fruit Mix Cornbread Milk	4	Baked Ham Yams Green Bean Casserole Apple crisp Wheat Roll Stuffing, Milk	5	
Chicken Fajitas Black Beans Fruit Cocktail Spanish Rice Tortillas Milk	8	Open Faced Roast Beef w/ Gravy Mashed Potatoes Garlic Green Beans Stewed Apples & Raisins Wheat Bread, Milk	9	Seafood Salad Cucumber Salad Broccoli Grape Salad Mixed Berries Croissant Milk	10	BBQ Pork Riblet Sandwich Cheesy Corn Bake Potato Wedges Blackberries Wheat Bun, Milk	11	Beef & Broccoli Stir Fry Vegetables Mandarin Oranges White Rice Teddy Grahams Milk	12	
Meatloaf Brussel Sprouts Mashed Potatoes Fruit Salad Wheat Roll Fig Bar, Milk	15	Chicken Parmesan Side Salad Spiced Peaches Bosco Breadsticks Milk	16	Breakfast Platter Crispy Diced Potatoes Fruit & Yogurt Parfait Fruit Juice Whole Grain Biscuit Milk	17	Bratwurst Baked Beans Corn on the Cob Watermelon Wheat Bun Milk	18	Juneteenth Center Closed		19
Cheeseburger Tater Tots Harvard Beets Applesauce Wheat Bun Milk	22	Spaghetti & Meatballs Green Beans Cantaloupe Breadstick Milk	23	Ham and Beans Roasted Zucchini Tropical Fruit Salad Cornbread Cookie Milk	24	Chicken Caesar Wrap Pea Salad Coleslaw Grape Salad Wheat Tortilla Graham Crackers, Milk	25	Lemon Pepper Fish Winter Blend Vegetables Peas and Carrots Blackberries Rice Pilaf Granola Bar, Milk	26	
Philly Cheesesteak Sandwich Creamed Corn Broccoli Peach Cobbler Milk	29	Smothered Pork Chop Baked Potato Glazed Carrots Mixed Berries Wheat Bread Fig Bar, Milk	30							