

July



2026

Saint Peters Senior Center, 108 McMenamy Road, Saint Peters MO, (636) 278-2410

Please make a reservation at least one business day in advance.

60 and older, suggested donation of \$8. Under 60 years are required to pay \$12 per meal.

Lunch is served at 11:30 a.m. Please call the center by 8 a.m. if you need to cancel your reservation.

Monday	Tuesday	Wednesday	Thursday	Friday
Note: An 8oz serving of nonfat or lowfat milk is offered with each meal.		BBQ Riblet Sandwich 1 Roasted Broccoli Glazed Carrots Diced Pears Wheat Roll Granola Bar	Hot Dog 2 on a Wheat Bun Baked Beans Oven Baked Fries Cinnamon Applesauce	CENTER CLOSED 3
Italian Salad 6 Orange Coconut Dessert Salad Crackers Whole Grain Muffin	Swedish Meatballs 7 Garlic Green Bean Roasted Yellow Squash Strawberry Whipped Dessert Egg Noodles Wheat Roll	Breakfast Corndogs 8 Cheese Omlet Hashbrowns Sliced Peaches Fruit Juice Cereal	Honey Lemon Chicken 9 Blackeyed Peas Cheesy Cauliflower Fruit Cocktail Rice Pilaf Breadstick	Stuffed Pepper Casserole 10 Refried Beans Pineapple Chunks Tortilla Chips
Chicken Parmesan Sandwich 13 Curly Fries Sauteed Cabbage Melon Wheat Bun	Beef Tips with Gravy 14 Mashed Potatoes Sauteed Mushrooms Blackberries Wheat Roll WG Cookie	Beer Battered Pollock 15 Creamed Corn Coleslaw Stewed Apples and Raisins Hushpuppies Wheat Bread	Cheese Manicotti in Tomato Sauce 16 Brussel Sprouts Grapes Garlic Bread	Hot Ham and Cheese Sandwich 17 Tomato Soup California Blend Veges Diced Mango Texas Toast x 2
Teriyaki Chicken 20 Stir Fry Blend Veges Cucumber Mango Salad Banana Pudding Fried Rice Nilla Wafers	Shepherd's Pie 21 Garden Salad Spiced Peaches Wheat Bread Graham Crackers	Pork Steak 22 Oven Roasted Potatoes Key Largo Blend Veges Apricot Halves Wheat Roll Fig Bar	Meatloaf 23 Green Beans Mashed Potatoes Fruit Crisp Double Wheat Roll	Crab Rangoon Pasta 24 Bake with Penne Noodles Steamed Broccoli Parmesean Tomatoes Strawberry Angel Food Cake
Ground Beef Enchiladas 27 Black Beans Roasted Yellow Corn Blueberries Tortillas	Chicken Alfredo 28 Veggie Medley Side Green Salad Blueberries WG Breadstick	Pulled Pork Loaded 29 Tator Tots Carrots & Celery w/Ranch Fruit Cobbler Wheat Bread	German Stir Fry Casserole 30 Green Peas Fruit Juice Whole Grain Pretzel	Turkey Club Wrap 31 Potato Salad Cucmber Salad Fruit Fluff Tortilla Granola Bar