

October



2026

Ferguson Senior Center 314-867-5661 Reservations must be made 24 hours in advance. The suggested donation is \$8.00

Monday		Tuesday		Wednesday		Thursday		Friday	
						Baked Ham Greens Baked Beans Apple Sauce Whole Grain Roll Graham Cracker, Milk	1	Butter Chicken Aloo Potatoes Green Beans Grapes Naan Basmati Rice, Milk	2
Ham and Beans Spinach Caramel Roasted Apples Corn Bread Salad Crackers Milk	5	Beef Pot Roast w/ Gravy Mashed Potatoes Cheesy Broccoli Diced Pears Whole Grain Roll Muffin, Milk	6	Fish and Chips Coleslaw French Fries Stewed Apples and Raisins Wheat Bread Hushpuppies, Milk	7	Brown Sugar and Garlic Pork Loin Brussel Sprouts Baked Sweet Potatoes Fruit Cocktail, Brownie Roll, Milk	8	Chicken Salad Pea Salad Corn Salad Blueberries Wheat Bun Milk	9
Fish Fillet Sandwich Creamed Corn Garden Vegetables Diced Mango Whole Grain Bun Milk	12	Cheese Ravioli Steamed Broccoli Dreamsicle Dessert Bread Stick Milk	13	Pulled Pork Sandwich Tator Tots Peas and Carrots Sliced Peaches Whole Grain Bun Milk	14	Chicken and Waffles Diced Potatoes Mixed Greens Salad Fresh Orange Milk	15	Chef Salad Apricots Salad Crackers Muffin Milk	16
Meatloaf Mashed Potatoes Cabbage Tropicl Fruit Cup Wheat Roll Fig Bar, Milk	19	Carnitas Tacos Black Beans Roasted White Corn Blushing Pears Tortillas Milk	20	Cajun Baked Fish Red Beans and Rice Calafornia Vegetables Pitted Cherries Breadstick Milk	21	Chicken Marsala Scalloped Potatoes Key Largo Vegetables Peach Cobbler Buttered Noodles Wheat Roll, Milk	22	Cajun Pasta w/ Chicken Side Salad Glazed Carrots Mandarin Oranges Garlic Bread Milk	23
White Chicken Chili Yam's Applecrisp Corn Bread Crackers Milk	26	Cheesy Ranch Chicken Steamed Cauliflower Succotash Mandarin Oranges Whole Grain Roll Nutrigrain Bar, Milk	27	Sausage Egg & Cheese Biscuit Hashbrowns Fruit & Yogurt Parfait Fruit Juice Milk	28	Beef Stroganoff Green Beans Parmesan Tomatoes Fruit Crisp Egg Noodles Wheat Roll, Milk	29	Popcorn Chicken French Fries Green Pea's Applesauce Wheat Bread Cookie, Milk	30