

September



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
	BBQ Pork Steaks Italian Potatoes Key Largo Vegetables Apricot Halves Wheat Roll Fig Bar, Milk	Crab Rangoon Pasta Bake Steamed Broccoli Stewed Tomatoes Strawberry Angel Food Milk	Shepherds Pie Garden Salad Spiced Peaches Wheat Bread Graham Crackers Milk	Fresh made Pizza (2 pcs) Side Salad (8 oz) Cherry Cobbler Fruit Juice Milk
Happy Labor Day Center Closed	Chicken Strips Cheesy Broccoli Cream Corn Apple Sauce Wheat Bread Sun Chips, Milk	Pulled Pork Sandwich Tator Tots Baked Beans Fruit Cocktail Wheat Bun Milk	Chicken Fajitas Fiesta Corn Refried Beans Wheat Tortilla Tortilla Chips Mandarin Oranges, Milk	Turkey Club Coleslaw Cucumber Salad Peaches Ciabatta Bread Milk
Beef Enchiladas Black Beans Roasted Yellow Corn Blueberries Milk	Sour Cream Noodle Bake Green Beans w/ onion California Blend Vegetable Apple Crisp Garlic Bread Milk	German Stir Fry Casserole Green Peas Fruit Juice Whole Grain Pretzel Milk	Breaded Chicken Sandwich Potato Wedges Garden Blend Vegetables Cantaloupe Wheat Bun, Milk	Fish Sticks Yams Spinach Fruit Salad Rice Pilaf Bread Pudding, Milk
Egg Roll Bowl Roasted Zucchini Fruit & Yogurt Parfait Graham Crackers Milk	Open Faced Turkey Diced Country Potatoes Spinach Banana Wheat Bread Fig Bar, Milk	Cheesy Smothered Mushroom Chicken Broccoli Glazed Carrots Diced Pears, Wheat Roll Granola Bar, Milk	Cheeseburger Baked Beans Potato Wedges Cinnamon Applesauce Wheat Bun, Milk Milk	Taco Salad Fresh Mandarin Oranges Tortilla Chips Muffin Milk
Philly Cheesesteak Italian Potatoes Cheesy Broccoli Mixed Berries Hoagie Roll Milk	Swedish Meatballs Green Peas Key Largo Vegetables Strawberry Cream Dessert Egg Noodles Wheat Roll, Milk	Breakfast Corn Dog Cheese Omelet Hashbrown Patty Sliced Peaches Fruit Juice Raisin Bran Cereal, Milk		