

# October



# 2026

The cost of meals(\$8 Suggested donation)\$12 for those under 60 South County Senior Center 225 Lemay Ferry RD 314-631-8698

| Monday                                                                                                       | Tuesday                                                                                                              | Wednesday                                                                                                                | Thursday                                                                                                        | Friday                                                                                                               |
|--------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|
| All Meals Come With Milk                                                                                     | Menu Subject To Change                                                                                               |                                                                                                                          | Ham & Beans<br>Spinach<br>Northern Beans<br>Applesauce<br>CornBread<br>Graham Crackers                          | Butter Chicken<br>Green Beans<br>Potatoes (ALOO)<br>Grapes<br>Basmati Rice<br>Whole Grain Naan                       |
| Beef Pot Roast<br>Mashed Potatoes<br>Stewed Tomatoes<br>Diced Pears<br>Wheat Roll<br>Blueberry Muffin        | Pizza Roll pepperoni,Cheese<br>Green Beans<br>Side Salad<br>Tomato Sauce<br>Fruit Cup<br>Bread Stick, Salad Crackers | Fish And Chips<br>Bear Battered Pollock<br>French Fries<br>Coleslaw<br>Hot Apples & Raisins<br>Hushpuppies ,Bread        | Pork Tenderloin<br>Roasted Root Blend<br>Brussel Sprouts<br>Fruit Cocktail<br>Rice Krispies Treat<br>Wheat Roll | Chicken Salad<br>Cottage Cheese Plate<br>Peppers & hummus<br>Cucumber Salad<br>Pineapples Chunks<br>Crackers & bread |
| Fall Harvest Turkey Chili<br>Parmesan Yellow Squash<br>Roasted Caramel Apples<br>Cornbread<br>Wheat Crackers | Pulled Pork Sandwich<br>Tator Tots<br>5 Way Blend<br>Diced Peaches<br>Wheat Bun                                      | Stuffed Shells<br>Tomato Sauce<br>Steamed Broccoli<br>Dreamsicle Dessert<br>Whole Grain Breadstick                       | Chicken & Waffles<br>Diced Crispie Potatoes<br>Fresh Green Beans With<br>Onions & Bacon Bits<br>Cantaloupe      | Big Mac Salad<br>Tomato Wedges<br>Apricot<br>Salad Crackers<br>Wheat Roll                                            |
| Carnitas Taco<br>Black Beans<br>Roasted White Corn<br>Blushing Pears<br>(2) Tortillas                        | Meatloaf<br>Mashed Potatoes<br>Cabbage Steaks<br>Tropical Fruit Cups<br>Wheat Roll<br>Fig Bar                        | Cajun Baked Fish<br>Red Beans And Rice<br>Garlic Green Beans<br>Pitted Cherries<br>Whole Grain Breadstick                | Chicken Marsala<br>Parmesan Tomatoes<br>Sauteed Asparagus<br>Apple Crisp<br>Wheat Roll<br>Lemon Pasta           | Sloppy Joe<br>Tator Tots<br>Corn<br>Fruit Fluff<br>Wheat Bun                                                         |
| Fish Fillet Sandwich<br>Creamed Corn<br>Asparagus<br>Diced Mango<br>Wheat Bun                                | Sausage Egg ,Cheese<br>Biscuit<br>Blueberries<br>HashBrowns<br>Fruit & yogurt Parfait<br>Fruit Juice                 | Cheesy Ranch<br>Chicken<br>Steamed Cauliflower<br>Roasted Cherry Tomatoes<br>Dinner Roll And An Orange<br>Nutrigrain Bar | Potato Stroganoff<br>Scalloped potatoes<br>Green Beans<br>Mixed Berries<br>Biscuit                              | Popcorn Chicken<br>French Fries<br>Green Peas<br>Applesauce<br>Wheat Roll<br>Cookie                                  |

