

September



2026

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

Monday	Tuesday	Wednesday	Thursday	Friday
	Pork Steak Oven Roasted Potatoes Key Largo Blend Apricot Halves Wheat Roll Fig Bar	Crab Rangoon Pasta Steamed Broccoli Parmesan Tomatoes Strawberry Angel Food cake pasta	Shepherd,s Pie Mashed Pot,Peas,Carrots Garden Salad Spiced Peaches Wheat Bread Graham Crackers	Beer Battered Cod Garden Blend Lima Beans Apple Crisp Mac & Cheese Bread Stick
LABOR DAY CLOSED	Beef Stroganoff Harvard Beets Carrots Mandarin Oranges Wheat Roll Pasta	German Stir Fry Casserole Green Peas Fruit Juice Whole Grain Pretzel	Loaded Tots Carrots & Celery With Ranch Dressing Peach Cobbler 2 PCS Wheat Bread	Turkey Club Wrap Potato Salad Cucumber Salad Fruit Fluff Tortilla Muffin
Chicken Breast Sandwich,Lettuce,Tom Waffle Fries Mixed Vegetable Fruit In Jello Wheat Bun	Cheeseburger Mac Coleslaw Green Beans W/Onions Caramel Glazed Apples Mac & Cheese Wheat Bread	Cheese & Veggie Omele Hashbrown Patty Oranges Apple Juice Cereal Wheat Toast	Spaghetti & Meatballs Side Salad Blueberry Crisp Bread Sticks	Pollock Sticks Butternut Squash Broccoil Fruit Salad Garlic Pasta Hushpuppies
Open Faced Turkey Sandwich Country Diced Potatoes Sauteed Spinach banana 2 PCS Wheat Bread	Taco Casserole Corn Black Beans Grapes Chips	Cheesy Smothered Mushroom Chicken Broccoli Glazed Carrots Diced Pears, Roll Granola Bar	Chicken Salad Carrots & Celery W/Ranch Pea Salad Oranges Crackers Muffin	Hot Dog On Bun Baked Beans French Fries Water Melon
Meat Loaf W/ Gravy Mashed Potatoes Peas & Carrots Rolls Fruit In Jello Fig Bars	Swedish Meatballs Garlic Green Beans Roasted Yellow Squash Strawberry Whipped Cream Dessert Pasta,Wheat Roll	Bratwurst Sauerkraut Mashed Potatoes Applesauce Whole Grain Pretzel *Cultural Spotlight*	ALL MEALS COME WITH MILK	MENU SUBJECT TO CHANGE