

October



2026

St. Charles Senior Center
1455 Fairgrounds Road
St. Charles, MO 63301
636-949-0658

Monday	Tuesday	Wednesday	Thursday	Friday
Milk served with all meals			1 Baked Ham Creamed Spinach Baked Beans WG Roll Cranberry Applesauce Graham Crackers	2 Butter Chicken Basmati Rice Aloo (Turmeric Potatoes) Green Beans WG Naan Bread Grapes
5 Country Fried Steak Mashed Potatoes & Gravy Stewed Tomatoes WG Roll Diced Pears WG Muffin	6 Cheese Omelet Turkey Sausage Links French Toast Sticks (3) Orange Juice Pineapple	7 Beer Battered Pollock Coleslaw French Fries Hushpuppies Wheat Bread Stewed Apples & Raisins	8 Brown Sugar & Garlic Pork Loin Brussel Sprouts Roasted Root Vegetables WG Roll Fruit Cocktail Brownie	9 Egg Salad & Cottage Cheese Plate Fresh Veggies with Dip Cucumber Salad Sun Chips Wheat Crackers Fruit Fluff
12 Fall Harvest Chili Parmesan Yellow Squash Cornbread Wheat Crackers Roasted Caramel Apples	13 Pulled Pork Sandwich Whole Grain Bun Tater Tots Vegetable Blend Sliced Peaches	14 Lasagna Roll with Red Sauce Steamed Broccoli WG Breadstick Dreamsicle Dessert	15 Chicken and Waffles Diced Breakfast Potatoes Mixed Green Salad Honey Dew	16 Big Mac Salad Tomato Wedges WG Roll Salad Crackers Apricots
19 BBQ Pork Riblet Wheat Bun Roasted Vegetables Glazed Carrots Mixed Berries	20 Meatloaf Mashed Potatoes & Gravy Cabbage Steaks WG Roll Fruit Cup Fig Bar	21 Cajun Baked Fish Red Beans & Rice Garlic Green Beans WG Breadstick Pitted Cherries	22 Chicken Marsala Lemon Pasta Parmesan Tomatoes Marinated Artichokes WG Roll Fruit Crisp	23 Carnitas Tacos Tortillas (2) Black Beans Roasted White Corn Blushing Pears
26 Fish Fillet Sandwich WG Bun Creamed Corn Broccoli Diced Mango	27 Sausage, Egg, Cheese Biscuit Hashbrown Patty Fruit & Yogurt Parfait Fruit Juice	28 Cheesy Ranch Chicken Steamed Cauliflower Roasted Cherry Tomatoes WG Roll Mandarin Oranges Nutrigrain Bar	29 Potato Stroganoff Parmesan Zucchini Wheat Bread Whipped Strawberry Dessert	30 Mummy Dogs French Fries Baked Beans Cheez-Its Green Applesauce WG Cookie