

September



2026

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

Monday	Tuesday	Wednesday	Thursday	Friday
Milk is served with all meals.	1 BBQ Pork Steak Oven Roasted Potatoes Key Largo Blend Vegetables Wheat Roll Apricot Halves Fig Bar	2 Crab Rangoon Pasta Bake Steamed Broccoli Parmesan Tomatoes Strawberry Angel Food Cake	3 Shepherd's Pie Garden Salad Wheat Bread Spiced Peaches Graham Crackers	4 Crab Cakes Corn Casserole Baked Beans Lemon Pasta Applesauce WG Cookie
7 CENTER CLOSED LABOR DAY	8 Meatloaf Mashed Potatoes & Gravy Green Bean Casserole Wheat Roll Mandarin Oranges WG Cookie	9 Loaded Pulled Pork Tater Tots Carrots & Celery with Ranch Cheez-It Crackers (2 oz.) Cherry Cobbler	10 German Stir Fry Casserole Green Peas WG Pretzel Cranberry Juice	11 Turkey Club Wrap Potato Salad Cucumber Salad Sun Chips Fruit Fluff
14 Chicken Sandwich Cheese, LTOP, WG Bun Waffle Fries Stewed Tomatoes Peach Crisp	15 Cheeseburger Mac Pickle Slaw Green Beans with Onion Wheat Roll Caramel Glazed Apples	16 Sausage, Egg, Cheese English Muffin Sandwich Hashbrown Patty Orange Fruit Punch	17 Country Fried Steak Mashed Potatoes & Gravy Tarragon Carrots Wheat Roll Cantaloupe WG Rice Krispie Treat	18 WG Pollock Sticks Rice Pilaf Yams Roasted Zucchini Cornbread Fruit Salad
21 Open Faced Roast Beef Wheat Bread x 2 Mashed Potatoes & Gravy Sautéed Spinach Banana	22 Egg Roll Bowls Green Peas Fruit & Yogurt Parfait Graham Crackers	23 Cheesy Mushroom Chicken Roasted Broccoli Glazed Carrots Wheat Roll Diced Pears Granola Bar	24 Chef Salad Salad Crackers Orange Coconut Dessert WG Muffin	25 Cheeseburger LTOP, Wheat Bun Baked Beans Oven Baked Fries Flavored Applesauce
28 Chicken Tenders Au Gratin Potatoes Corn Biscuit & Honey Pear Crisp	29 Swedish Meatballs Egg Noodles Garlic Green Beans Roasted Yellow Squash Wheat Roll Strawberry Whipped Dessert	30 Breakfast Corndog Egg Patty Hashbrown Patty Frosted Corn Flakes Sliced Peaches Orange Juice		