

October



2026

SAINT CLAIR SENIOR CENTER, 310 PARK AVE SAINT CLAIR MO.

***Lunch reservations required two business days in advance. Please call 636-629-2187 ***

*Suggested donation is \$8 for those 60 and over. *The cost of an Aging Ahead Meal is \$12 for those under 60 years old.

*Milk is offered with each meal. *Menus Subject to Change*

Monday		Tuesday		Wednesday		Thursday		Friday	
						BAKED HAM GREENS BAKED BEANS APPLE ROLL GRAHAM CRACKERS	1	TURKEY SANDWICH/CHEESE LETTUCE TOMATO ONION 3 BEAN SALAD POTATO SALAD PEARS CROISSANT	2
BEEF POTROAST/GRAVY STEWED TOMATOES MASHED POTATOES PEARS ROLL MUFFIN	5	PESTO CHICKEN ITALIAN BLEND VEG HARVARD BEETS MIXED FRUIT CALIFORNIA PASTA SALAD BREADSTICK	6	FISH AND CHIPS COLESLAW FRENCH FRIES STEWED APPLES/RAISINS FIG BAR WHEAT BREAD	7	BROWNSUGAR GARLIC PORKLOIN BRUSSEL SPROUTS MIXED VEG ORANGE GRAHAM CRACKERS/ROLL	8	EGG SALAD COTTAGE CHEESE VEGGIES RANCH CUCUMBER SALAD PEACHES WHEAT CRACKERS/BREAD	9
FALL TURKEY CHILI SQUASH CARAMEL APPLES CORNBREAD WHEAT CRACKERS	12	PULLED PORK SANDWICH TATER TOTS MIXED VEG PEACHES WHEAT BUN	13	STUFFED PASTA BROCCOLI DREAMSICLE BREADSTICK	14	CHICKEN STRIPS WEDGES PEAS BANANA SUN CHIPS/ROLL	15	ITALIAN SALAD WHEAT CRACKERS PEACHES MUFFIN	16
CARNITA TACOS BLACK BEANS ROASTED WHITE CORN MANDARIN ORANGES TORTILLAS	19	MEATLOAF MASHED POTATOES SAUTEED CABBAGE FRUIT CUP WHEAT ROLL FIG BAR	20	FISH STICKS CORN STEWED TOMATOES HUSH PUPPIES PEACHES SUN CHIPS	21	SPAGHETTI BOLOGNESE ITALIAN BLEND VEG CHERRIES ITALIAN ICE WHEAT BREAD *Cultural Spotlight*	22	HAM AND CHEESE ON CROISSANT VEGGIES AND RANCH PEA SALAD MANGO/STRAWBERRIES FIG BAR	23
POTATO STROGANOFF SCALLOPED POTATOES WHEAT BREAD PEARS GRAHAM CRACKERS STEAMED CARROTS	26	TURKEY SAUSAGE EGG AND CHEESE BISCUIT POTATOES OBRIEAN MANDARIN AND PEACHES JUICE	27	CHEESY CHICKEN RANCH ROASTED CHERRY TOMATOES BRUSSEL SPROUTS FRUIT COCKTAIL ROLL CEREAL BAR	28	HOT DOG FRENCH FRIES GREEN PEAS APPLE WHEAT BUN JELLO	29	CHEF SALAD TURKEY HAM CHEESE EGG CUCUMBER TOMATO CARROT APPLE SAUCE CRACKERS/ FIG BAR	30