

October 2026

AGING
AHEAD
Supporting the journey

Saint Peters Senior Center, 108 McMenamy Road, Saint Peters MO, (636) 278-2410

Please make a reservation at least one business day in advance.

60 and older, suggested donation of \$8. Under 60 years are required to pay \$12 per meal.

Lunch is served at 11:30 a.m. Please call the center by 8 a.m. if you need to cancel your reservation.

Monday		Tuesday		Wednesday		Thursday		Friday	
Happy Halloween									
Beef PotRoast w/gravy Stewed Tomatoes Mashed Potatoes Diced Pears WG Roll Blueberry Muffins	5	Chicken n Dumplings Green Beans Roasted Corn Berry Cobbler WG Roll	6	Fish & Chips Beer battered Pollock Coleslaw French Fries Stewed Apples n Raisins Hushpuppies	7	Baked Ham Creamed spinach Baked Beans Applesauce WG Roll Graham Crackers	8	Butter Chicken Potatoes Green Beans Grapes WG Roll Balsmati Rice	9
	12	Fall Harvest Turkey Chili Parmesan Yellow Squash Roasted Carmel Apples Cornbread	13	Cream Cheese & Ground Beef Stuffed Shells Steamed Broccoli Dreamsicle Desert WG Breadstick	14	Chicken & Waffles Diced Breakfast Potatoes Mixed Green Salad Strawberries & Bananas in Vanilla Pudding Waffle	15	Big Mac Salad Tomatoe Wedges w/ Parmesan cheese Apricots Salad Crackers	16
	19	Carnitas Tacos Black Beans Roasted White Corn Blushing Pears Torillas x 2	20	Cajun Baked Fish Red Beans & Rice Garlic Green Beans Pitted Cherries WG Breadstick	21	Chicken Marsala Lemon Pasta Parmesan Tomatoes Marinated Artichokes Apple Fruit Crisp WG Roll	22	Salsbury Steak Roasted Broccoli Mashed Potatoes Fruit in Jelatin WG Roll	23
	26	Fish Filet Sandwich WG Sandwich Bun Creamed Corn Asparagus Diced Mango	27	Cheesy Ranch Chicken Steamed Cauliflower Roasted Cherry Tomatoes Mandarin Oranges WG Roll Nutigrain Bar	28	Potatoe Stroganoff Scalloped Potatoes Creamed spinach Fruit Fluff WG Roll	29	Happy Halloween! Popcorn Chicken French Fries Peas & Carrots Applesauce &WG cookie Wheat Bread	30