November 2026

AGING AHEAD
Supporting the journey.

Ferguson Senior Center 314-867-5661 Reservations must be made 24 hours in advance. The suggested donation is $8.00

Monday	Tuesday	Wednesday	Thursday	Friday
2 Crab Salad Pea Salad Harvard Beets Spiced Peaches Croissant Milk	3 Country Fried Steak w/ Cream Gravy Mashed Potatoes Key Largo Vegetables Raspberries, Roll Rice Crispy Treat, Milk	4 Turkey Club Broccoli Cheddar Soup Steamed Cauliflower Mixed Berries Ciabatta Bread Fruit Juice, Milk	5 Creamy Tuscan Chicken over Pasta Garden salad Fruit in Gelatin Garlic Bread Milk	6 Mushroom & Swiss Burger Tator Tots Baked Beans Banana Pudding Bun, Milk
9 Verde Chicken Enchiladas Tomatillo Salsa Refried Beans Strawberries Tortillas, Milk	10 Spaghetti with Meatballs Side Salad Blueberries Garlic Bread Milk	11 Happy Veterns Day Center Closed	12 Baked Ham Spinach Corn Casserole Applesauce Whole Grain Roll Graham Crackers, Milk	13 Lemon Pepper Cod AuGratin Potatoes Kry Largo Vegetables Banana Wheat Bread Cookie, Milk
16 Bratwurst Sauerkraut Glazed Carrots Fruit Salad Wheat Bun Milk	17 Chicken and Waffles Diced Potatoes Greens Orange Milk	18 Fish and Chips Coleslaw French Fries Stewed Apples and Raisins Wheat Bread Hushpuppies, Milk	19 Turkey and Dressing Sweet Potato Casserole Green Bean Casserole Peach Cobbler Wheat Roll Milk	20 Chef Salad Apricots Salad Crackers Muffin Milk
23 Cheese Ravioli Steamed Broccoli Mandarin Oranges Garlic Bread Milk	24 White Chicken Chili Yam's Applecrisp Corn Bread Crackers Milk	25 Pulled Pork Sandwich Tator Tots Pea's and Carrots Sliced Peaches Whole Grain Bun Milk	26 Happy Thanksgiving Center Closed	27 Center Closed
30 Meatloaf Mashed Potatoes Cabbage Mixed Fruit Wheat Roll, Fig Bar Milk				