# November 2026

AGING AHEAD
Supporting the journey.

The cost of meals($8 Suggested donation)$12 for those under 60 South County Senior Center 225 Lemay ferry RD 314-631-8698

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| 2<br>Hot Dog<br>Baked Beans<br>Carrots<br>Wheat Bun<br>Apple | 3<br>Country Fried Steak<br>Cream Gravy<br>Mashed Potatoes<br>Garden Blend<br>Mixed Fruit ,Roll<br>Rice Krispie Treat | 4<br>Crab Salad<br>Three Bean Salad<br>Beets<br>Banana Pudding<br>With Banana<br>Croissant | 5<br>Creamy Tuscan Chicken<br>Over Pasta<br>Garden Salad<br>Spiced Peaches<br>Garlic Bread | 6<br>Mushroom & Swiss<br>Burger<br>Garlic Roasted Potatoes<br>Blackeyed Peas<br>Fruit In Jello<br>Whole Wheat Bun |
| 9<br>Cheese Egg Omelet<br>Peppers And Onions<br>Diced Potatoes<br>Orange Juice<br>Biscuit | 10<br>Baked Lemon Pepper<br>Tilapia<br>Baked Potato<br>Glazed Carrots<br>Oranges<br>Wheat Bread ,Cookies | 11<br>Baked Ham<br>Sweet Potatoes<br>Green Bean<br>Apple Sauce<br>Roll ,<br>Graham Crackers | 12<br>Spaghetti W/Meatballs<br>Roasted Broccoli<br>Blueberries<br>bosco Cheese Sticks | 13<br>Butter Chicken<br>Aloo(Potatoes)<br>Green Beans<br>Grapes<br>Naan(bread)<br>Basmati Rice |
| 16<br>Beef Pot Roast W/Gravy<br>Stewed Tomatoes<br>Mashed Potatoes<br>Diced Pears<br>Wheat Roll<br>Bluberry Muffin | 17<br>Chicken Alfredo<br>With Broccoli<br>Side Salad<br>Peach Cobbler<br>Cheese Bosco Sticks | 18<br>Fish And Chips<br>Coleslaw<br>French Fries<br>Stewed Apples & Raisins<br>Wheat Bread<br>Hushpuppies | 19<br>Brown Sugar Pork Loin<br>Brussel Sprouts<br>Root Veg Blend<br>Fruit Cocktail<br>Granala Bar<br>Dinner Roll | 20<br>Sliced Turkey W/Gravy<br>Dressing<br>Mash Potatoes<br>Greenbean Casserole<br>Whole Cranberry Sauce<br>Pecan Pumpkin Roll, Roll |
| 23<br>Fall Harvest Turkey Chili<br>Parmesan Yellow Squash<br>Fresh Garlic Greenbean<br>Roasted Caramel Apples<br>Cornbread<br>Wheat Crackers | 24<br>Pulled Pork Sandwich<br>Tators Tots<br>Garden Blend<br>Diced Peaches<br>Wheat Bun | 25<br>Chicken And Waffles<br>Diced Crispy Potatoes<br>Fresh Vegetables W/ Hummus<br>Honey Dew Melon | 26<br>HAPPY<br>THANKSGIVING<br><br>CLOSED | 27<br>CLOSED |
| 30<br>Taco Casserole<br>Corn<br>Black Beans<br>Pineapple<br>Sun Chips | | THANKS TO ALL VETERANS | ALL MEALS COME WITH MILK | MENU SUBJECT TO CHANGE |