November 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
2 Beef Stroganoff Broccoli Stewed Tomatoes Mixed Fruit Double Wheat Roll	3 Verde Chicken Enchiladas Tomatillo Salsa Refried Beans Tortillas Strawberries	4 Crab Salad 3 Bean Salad Havard Beets Fruit in Gelatin Croissant	5 Creamy Tuscan Chicken Over Pasta Garden Salad Spiced Peaches Garlic Bread	6 Mushroom & Swiss Burger Tator Tots Blackeyed Peas Banana Pudding Whole Grain Bun
9 Country Fried Steak and Gravy Mashed Potatoes Veggie Blend Raspberries WG Roll & Rice Crispies	10 Baked Lemon Pepper Fish Macaroni & Cheese Glazed Carrots Banana Hushpuppies WG Cookie	11 Spagetti & Meatballs Roasted Broccoli Blueberries Garlic Breadsticks	12 Baked Ham Creamed Spinach Baked Beans Applesauce WG Roll Graham Crackers	13 Butter Chicken Aloo (Turmeric Potatoes) Green Beans Grapes Whole Grain Naan Basmati Rice
16 Pot Roast w Gravy Stewed Tomatoes Mashed Potatoes Diced Pears WG Roll & WG Muffin	17 Chicken & Dumplings Green Beans Roasted Corn Berry Cobbler WG Roll	18 Fish & Chips Cole Slaw French Fries Stewed Apples & Raisins Hushpuppies WG Cookie	19 Brown Sugar & Garlic Pork Loin Veggie Blend Broccoli WG Roll Berry Fruit Crisp	20 Egg Salad & Cottage Cheese Plate Fresh Veggies & Dip Pineapple Chunks WG Salad Crackers WG Granola bar
23 Turkey & Dressing With Gravy Mashed Potatoes Green Bean Casserole Waldorf Salad w Yogurt WG Roll	24 Sausage Wrapped with Pancake Breakfast Potatoes WG Cereal Fruit Juice Mandrin Oranges	25 Tuna Salad on Crossiant Cucumber Salad Carrots with Ranch Dip Mixed Fruit Graham Crackers	26 Center Closed for Thanksgiving	27 Center Closed
30 Shepards Pie Steamed Broccoli Sliced Peaches WG Roll Graham Crackers		NOTE: With each meal a serving of lowfat or nonfat milk is offered		