

JANUARY

MEAAA ST. PETERS SENIOR CENTER

RESERVATIONS REQUIRED: CALL

636-278-2410

2012

Senior Center Menu

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2	Center Closed for Holiday Happy New Year!	3	Salsa Chicken with brown rice California Vegetables Fiesta Corn Mandarin Oranges Wheat Bread	4	Baked Cajun Catfish Brown Rice Pilaf Broccoli Corn Wheat Roll Fruit Fluff	5	Meatloaf w/ gravy Mashed Potatoes Green Beans Pears Vanilla wafers Wheat bread	6	BBQ Pork on Bun Baked Pineapple Peas & Carrots
9	Parmesan Chicken Sweet Potato Puffs Green Beans Apricots Wheat roll	10	Chef Salad Crackers Blushing Pears Chocolate Pudding	11	Split Pea Soup Crackers Ham & Cheese Sandwich Applesauce Carrots	12	Beef Stew stew vegetables Peas Beets Bread Pudding Wheat Bread	13	Tuna Noodle Casserole Capri Vegetables Broccoli Fruit Ambrosia Wheat Bread
16	Smothered Steak/ onions Gravy Mashed Potatoes Country Vegetables Peach Crisp Wheat Bread	17	Turkey Tetrizzini Carrots Corn Mandarin Oranges Wheat Bread	18	Vegetable Noodle Soup Beef Burger on bun Lettuce, pickles, onions Fruited Gelatin	19	Breaded Pork Choppette Parslied Potatoes Creamed Spinach Pineapple Wheat Bread	20	Breakfast Casserole O'Brien Potatoes Spiced Peaches Blueberry Loaf
23	Lemon Pepper Fish AuGratin Potatoes Brussels Sprouts Mandarin Oranges Wheat Bread	24	Seasoned Baked Chicken Macaroni & Cheese Winter Blend Vegetables Carrots Pears Wheat Bread	25	Broccoli Cheese Soup Turkey Sandwich Apricots Tossed salad	26	Bratwurst on Bun Sauerkraut Mashed Potatoes Carrots Peaches	27	Beefaroni Casserole Broccoli Cauliflower Pineapple Wheat Bread
30	Golden Chicken Mashed Potatoes/ Gravy Green Beans Mixed Fruit Cup Wheat Bread Graham Crackers	31	Taco Salad Tortilla Chips Oatmeal Cookie	For Center Closings Due to Inclement Weather, Please Watch, Channel 5		Your donation is important to us and our ability to offer these services. Please consider how much you would have to spend if you went outside the center.			