

MEAAA ST. PETERS SENIOR CENTER

Call for Reservations: 636-278-2410

February

Senior Center Menu

2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Please donate as you are able towards the cost of your meal. There is no such thing as a free Lunch!	We have freshly prepared soup that has been frozen and ready for you to take home, heat up, and enjoy. Check with the kitchen to see what is available.	1 Tuna Salad Wheat Bread Vegetable soup Potato Salad Applesauce	2 Hot Dog Chili Wheat Bun Potato Wedges Carrots Cake	3 Breaded Pork Choppette with Gravy AuGratin Potatoes Beets Peaches Wheat Bread
6 Swiss Steak w/ Noodles Corn California Blend Fresh Apples Wheat Bread	7 Oven Fried Chicken Mashed Potatoes/ Gravy Green Beans Pineapple Tidbits Biscuit	8 Beefaroni Broccoli Cauliflower Fruited Jello Wheat Bread	9 Ham steak Northern Beans Carrots Spinach Cornbread Graham Crackers	10 Spaghetti with Meat sauce Garden Salad Italian Vegetables Wheat Roll Cinnamon Applesauce
13 Meatloaf & Gravy Mashed Potatoes Mixed Vegetables Mixed Fruit Cherry Poke Cake	14 Open Face Turkey Sandwich w/ Gravy Sweet Potatoes Peas Apricots Wheat Bread	15 Ham Salad on Wheat Bread Broccoli & Cheese Soup Potato Wedges Pears	16 Roast Beef / Gravy Mashed Potatoes Green Beans Peach Crisp Wheat Roll	17 Golden Chicken Rice Pilaf Oriental Vegetables Mixed Fruit Wheat Bread
20 Cajun Chicken Macaroni & Cheese Zucchini & Tomatoes Carrots Gelatin w/ pineapples Wheat Bread	21 BBQ Pulled Pork Fiesta Corn Cauliflower Fresh Fruit Wheat Bun	22 Lemon Pepper Fish AuGratin Potatoes Brussels Sprouts Mandarin Orange Cake Wheat Roll	23 Sloppy Joe Potato Wedges Capri Vegetables Pineapple Tidbits Wheat Bun	24 Fish Wedge Sweet Potato Puffs Winter Blend w/ Cheese Sauce Pears Wheat Bun
27 Pork Choppette Sauerkraut Peas & Carrots Fresh Oranges Wheat Bread	28 Chef Salad Crackers Peaches Vanilla Pudding	29 Stuffed Green Peppers Corn Green Beans Chocolate Cranberry Cake Wheat Bread		