

November

Aging Ahead - St. Peters Senior Center

636-278-2410

2019

Congregate Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>The suggested donation for all senior meals is \$4.00 All donations are appreciated!</p>				<p>1 Roasted Pork w/ Gravy Garlic Red Potatoes Roasted cauliflower Applesauce Dinner Roll Graham Crackers</p>
<p>4 Swiss Steak over Noodles Catalina vegetables Corn Mandarin Oranges Dinner Roll</p>	<p>5 Crab Cake w/ Remoulade & Pasta Fresca Parmesan Tomatoes Mixed Vegetables Peaches Garlic bread</p>	<p>6 Gold'N Spiced Chicken w/ Country Gravy Yam Patties Italian Vegetables Pineapple Tidbits Pumpkin Bread</p>	<p>7 Ham & Beans Spinach Pear Crisp Cornbread</p>	<p>8 Sour Cream Noodle Bake Sonoma Vegetables Harvard Beets Grapes Wheat Bread</p>
<p>11 Cheeseburger w/ Condiments Seasoned Fries Green Beans Mixed Fruit Cup Wheat Bun</p>	<p>12 Country Pork & Noodles Brussels Sprouts Carrots Fruit Medley Wheat Bread</p>	<p>13 Open Faced Roast Beef over Wheat Bread Mixed Vegetables Mashed Potatoes Apple Chocolate Chip Cookie</p>	<p>14 Egg Frittata Potatoes O'Brien Apple Juice Tropical Fruit Cup Whole Grain Biscuit Blueberry Muffin</p>	<p>15 Chicken & Dumplings Scandinavian Vegetables Lima Beans Dinner Roll Watergate Salad</p>
<p>18 Bratwurst w/ Sauerkraut German Potato Salad Tuscan Vegetables Spiced Peaches Wheat Bun</p>	<p>19 Beef Stir-Fry w/ Rice Snap Peas Pineapple Breadstick</p>	<p>20 Chicken Tenders w/ BBQ Potato Wedges Peas & Carrots Pears Wheat Bread</p>	<p>21 Turkey w/ gravy & stuffing Mashed Potatoes Green Bean Casserole Cranberry Relish Dinner Roll Pumpkin Pie</p>	<p>22 Potato Crusted Fish Au Gratin Potatoes Coleslaw Pear Crisp Wheat Bread Goldish</p>
<p>25 Lemongrass Chicken w/ Rice Sugar Snap Peas Carrots Tropical Fruit Cup</p>	<p>26 Pork Carnitas Refried Beans Green Peppers Spanish Rice Cinnamon Apples Flour Tortilla</p>	<p>27 Hot Dog on bun Baked beans Coleslaw Pears</p>	<p>28 Center Closed for Thanksgiving!</p>	<p>29 Closed for holiday.</p>

Daily Menus May Change Without Notice