

# November

## Aging Ahead - St. Charles Senior Center

# 2024



636-949-0658



### Congregate Menu

Monday

Tuesday

Wednesday

Thursday

Friday

**LUNCH IS SERVED  
DAILY FROM 11AM-12PM**

*All meals served with milk*



**PLEASE CALL TO MAKE  
LUNCH RESERVATION  
636-949-0658**



1 Country Fried Steak w/Gravy  
Mashed Potatoes  
Roasted Broccoli  
Whole Grain Bread  
Stewed Apples & Raisins  
Graham Crackers

4 Cheeseburger/Wheat Bun  
Lettuce, Tomato  
Seasoned Curly Fries  
Coleslaw  
Fresh Fruit

5 Ham & Cheese/Wheat Bun  
Pea Salad  
Carrots with Ranch  
Sun Chips  
Pineapple Tidbits

6 Seasoned Baked Chicken  
Sautéed Cabbage  
Winter Blend Vegetables  
Biscuit  
Dreamsicle Dessert  
Sugar Cookie

7 Pizza Casserole  
Sweet Potato Fries  
Garlic Bread  
Fruit in Gelatin

8 Vegetarian Taco Skillet  
Spanish Rice  
Roasted Corn & Peppers  
Breakfast Bar  
Mixed Berries

11 Salisbury Steak w/Gravy  
Steamed Broccoli  
Mashed Potatoes  
Wheat Roll  
Sliced Peaches  
Vanilla Wafers

12 Pork Tenderloin w/BBQ Sauce  
Roasted Corn & Pepper Blend  
Zucchini Fries  
Biscuit  
Banana Muffin  
Cinnamon Apples

13 Chicken and Dumplings  
Black Eyed Peas  
Brussels Sprouts  
Whole Grain Bread  
Blackberries

14 Breaded Chicken Breast  
Breaded Okra  
Coleslaw  
Rice Pilaf  
Hushpuppies  
Cherry Cobbler

15 Beef Chili with  
Beans and Tomatoes  
Shoestring Fries  
Crackers  
Fig Bar  
Blushing Pears

18 Cheese Ravioli  
w/ Spaghetti Sauce  
Key Largo Vegetables  
Breadstick  
Tropical Fruit Salad

19 Sour Cream & Onion Chicken  
Pacific Blend Vegetables  
Baked Potato  
Wheat Roll  
Chocolate Chip Cookie  
Applesauce

20 Turkey Breast  
Mashed Potatoes w/Gravy  
Green Beans  
Stuffing  
Wheat Roll  
Whole Cranberry Sauce  
Pumpkin Pie

21 Beef Stew with Potatoes  
Peas & Carrots  
Cornbread  
Crackers  
Mandarin Oranges

22 Swedish Meatballs  
Glazed Carrots  
Cheesy Cauliflower  
Whole Grain Bread  
Peach Crisp  
Vanilla Wafers

25 BBQ Pork Riblet on Bun  
Roasted Root Vegetables  
Green Beans  
Blueberries

26 Cheese Omelet  
Hashbrown Patty  
Biscuit  
Frosted Flakes  
Mango  
Orange Juice

27 Santa Fe Chicken Salad  
Sunchips  
Blueberry Muffin  
Banana

28 CENTER CLOSED

29 CENTER CLOSED



