

*January*

**Aging Ahead- Ferguson Senior Center**

**314-867-5661**

**Congregate Menu**

**2025**

<i>Monday</i>		<i>Tuesday</i>		<i>Wednesday</i>		<i>Thursday</i>		<i>Friday</i>	
The suggested donation for all senior meals is \$5.00 All donations are appreciated!				1 Happy New Years		2 Smothered Chicken Roasted Zucchini Succotash Tangerine Rice Pilaf Wheat Roll Milk		3 Meatloaf w/ Gravy Mashed Potatoes Broccoli w/cheese Applesauce Dinner Roll Gold Fish Milk	
6 Pulled Pork Sandwich Tater Tots Lima Beans Spiced Pineapple Wheat Bun Milk		7 Beef Stir Fry Stir Fry Vegetables Fruit Cocktail Fried Rice Cereal Bar Milk		8 Chicken Cordon Bleu Glazed Carrots Side Salad Cherry Cobbler Bread Stick Salad Crackers Milk		9 Salisbury Steak AuGratin Potatoes Green Bean Casserole Strawberry Angel Food Cake Wheat Roll Milk		10 Cod w/ Creamy Herb Sauce Breaded Mushrooms Steamed Broccoli Diced Peaches Hushpuppies Wheat Bread Milk	
13 Breakfast Sandwich Crispy Diced Potatoes Yogurt & Fruit Parfait Fruit Juice Croissants Milk		14 Sliced Turkey w/ Gravy Yams Brussel Sprouts Mango Wheat Bread Muffin Milk		15 Chicken-n-Dumplings Beets Creamed Corn Apricot Halves Wheat Roll Milk		16 Shepherds Pie Sauteed Cabbage Mandarin Oranges Wheat Roll Cookie Milk		17 Stuffed Shells Winter Blend Vegetables Roasted Asparagus Blueberries Garlic Bread Milk	
20 Beef Stroganoff Parmesan Tomatoes Green Beans Banana Pudding Bread Stick Milk		21 Boneless Wings w/BBQ Sauce Waffle Fries Peas and Carrots Baked Pineapple Wheat Bread Fig Bar, Milk		22 Lemon Herb Pork Loin Lima Beans Roasted Root Vegetables Apple Sauce Wheat Roll Graham Crackers Milk		23 Loaded Baked Potato with Chili Blackberries Cornbread Cinnamon Roll Milk		24 Fish Sandwich Spinach Blackeyed Peas Peach Crisp Wheat Bun Milk	
27 Cajun Pasta w/ Chicken Snap Peas Winter Greens Salad Stewed Apples & Raisins Garlic Bread Milk		28 Hot Ham & Cheese Vegetable Soup Brussel Sprouts Tropical Fruit Salad Wheat Bread Milk		29 Country Fried Steak Mashed Potatoes Seasoned Carrots Grape Salad Wheat Roll Cereal Bar Milk		30 Cheesy Ranch Chicken Baked Beans Green Beans Fruit Fluff Rice Pilaf Muffin Milk		31 Pizza Side Salad Cantaloupe Fruit Juice Milk	

Daily Menus May Change Without Notice