

January

**Aging Ahead St. Peters Senior Center**

636-278-2410

**Senior Center Menu**

2025

Monday		Tuesday		Wednesday		Thursday		Friday	
Lunch is a suggested donation of \$5 for 60+. All other meals are \$10. Please make reservations by 2 pm the business day before.				1	Closed	2	Smothered Chicken Chickpeas Zucchini Fries Brown rice Wheat roll Tangerine	3	Pollock Sticks Stewed Tomatoes Corn Sliced pears Mac and Cheese Cookies
6	Pulled Pork Sandwich Tater Tots Lima Beans Pineapple Wheat buns	7	Beef Stir Fry Stir Fry Blend Fruit Cocktail Fried rice Cereal Bar	8	Chicken Sandwich Glazed Carrots Salad crackers Side Salad Fruit Cobbler	9	Meat Loaf Au Gratin Potatoes Green Bean Casserole Strawberry Angel Food Cake Wheat Roll	10	Creamy Herb Fish Breaded Mushrooms Steamed Broccoli Diced Peaches Hushpuppies Wheat rolls
13	Breakfast Chicken Sausage Crispy Potatoes Yogurt Parfait Croissant Juice	14	Diced Pork & Gravy Yams Mango Wheat Bread Brusel Sprouts Cereal bar	15	Chicken & Dumplings Beets Creamed corn Apricot Halves Wheat Roll	16	Shepherd's Pie Sauteed Cabbage Madarin oranges Wheat Roll Green Beans Muffin	17	Stuffed Shells Winter Blend Veges Blueberries Garlic Bread
20	Boneless Wings Carrots Waffle fries Wheat Roll Whole Grain Chips Pineapple Tidbits Birthday Cake	21	Beef Stroganoff Parmesan Tomatoes Pineapple Tidbits Bread Sticks Green Beans	22	Lemon Herb Pork Loin Lima Beans Roasted Root Vegetable Blend Applesauce Wheat Roll Graham Crackers	23	Loaded Chili Baked Potatoes Mango Cornbread Fig Bar	24	Fish Sandwich Greens Cherry Cobbler Black eyed Peas Wheat Bun
27	Cajun Pasta Peas Winter Green Salad Stewed Apples & Raisins Wheat Bread	28	Hot Ham & Cheese Tomato Bisque Roasted Broccoli Tropical Fruit Salad	29	Country Fried Steak Mashed Potatoes Carrots Grape Salad Whole Grain Muffin Cereal Bar	30	Cheesy Ranch Chicken Baked Beans Fruit Fluff Rice Pilaf Whole Grain Muffin Corn	31	Cheese Manicotti Apple Sauce Brussels Sprouts Breadsticks

Daily Menus May Change Without Notice