

March 2024 Aging Ahead Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	1	2
	Hot Dog on Bun w/condiments Baked Beans Broccoli Raisin Salad Apple Sauce/Dessert	Chicken Salad Sandwich Diced Mixed Veggies Cottage Cheese Diced Peaches	Chicken Pesto Pasta Caesar Salad Italian Potatoes Orange Roll Oatmeal Raisin Cookie	Turkey Sandwich w/ Cheese Lettuce Tomato Cole Slaw Mixed Veggies Fruit Cocktail	Meatloaf Steak with Gravy Mashed Potatoes Green Beans Quinoa Roll with Butter Apple & Brownie	314-292-7693 By 12pm on Thursday for the next week
3	4	5	6	7	8	9
	Lemon Pepper Cod Zucchini & Tomato Ragu Saffron Rice Fresh Fruit Bread Oatmeal Raisin Cookie	Rosemary Baked Chicken Thighs California Blend Veggies Long Grain Wild Rice Roll & Butter Banana	Turkey Burger On a Bun Cole Slaw Buttered Corn Mandarin Oranges	Chicken Tenders w/ Barbeque Sauce Creamed Spinach Sliced Carrots Macaroni & Cheese Peaches/Bread	Grilled Tenderloin w/ Horseradish Sauce Green Beans Mashed Potatoes Roll with Butter Apple	Resident Meals Meals will be delivered on Monday between 11:30am-1pm
10	11	12	13	14	15	16
	Beef LoMein w/ peas, carrots, celery Green Beans Apple Roll & Butter	Tuna Salad Sandwich Cole Slaw Quinoa Salad Fruit Cocktail	Terragon Herb Chicken Scalloped Potatoes Mixed Vegetables Fruit Cocktail Whole Grain Bread Oatmeal Raisin Cookie	Cheese Blintzes w/ Sour Cream Soup of the Day Spinach Squares Strawberries	Cheese Tortellini w/ Peas Italian Salad Ratatouille Peaches Wheat Bread	Community Meals Meals will need to be picked up on Monday between 11:40am-12:00pm
17	18	19	20	21	22	23
	Beef Stew w/ Potatoes, Carrots, Celery, Onions Green Bean Almondine Egg Noodles Roll & Butter Oatmeal Raisin Cookie	Salmon w/ Maple Glaze California Blend Veg. Mediterranean Quinoa Fresh Plum Wheat Bread	Baked Breaded Chicken Over Biscuits Italian Salad Zucchini and Squash Bread / Apple	Make Your Own Tacos 2 Tortillas, Beef, Tomatoes, Black Olives, Salsa Mexican Street Corn Refried Beans Dessert	Stuffed Cabbage With Marinara Sauce Italian Mixed Veggies Garlic Bread Orange	ENJOY YOUR AGING AHEAD MEAL FOR A SUGGESTED DONATION OF \$5/MEAL!
24	25	26	27	28	29	30
	Asian Glazed Chicken Thighs White Rice Stir Fry Veggies Mandarin Oranges Whole Grain Bread	Bagel and Lox Cream Cheese Tomato Cucumber Salad Noodle Kugel Fresh Fruit Cup **Last day to Reserve Meals	BBQ Beef Sandwich Green Bean Casserole Scalloped Potatoes Fresh Fruit Salad	Chicken Florentine Spinach Salad Long Grain Wild Rice Whole Grain Bread Banana Dessert	Beef Lasagna Italian Vegetables Italian Salad Garlic Bread Apple	
31	1	2	3	4	5	6
Easter						