

# May 2024 Aging Ahead Menu

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

