

September 2024 Aging Ahead Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2-Delivery Wed	3	4-Delivery	5	6-In Person	7
	Beef Stew w/ Potatoes, Carrots, Celery, Onions Green Bean Almondine Egg Noodles Roll & Butter Oatmeal Raisin Cookie	Tuna Salad Sandwich Cole Slaw Quinoa Salad Fruit Cocktail	Chicken Etoufee Cajun Rice Okra Fruit Cup Wheat Bread	Chicken & Dumplings California Blend Veggies Banana Roll & butter	Hamburger Cole Slaw Potato Salad Mandarin Oranges	<u>Community Meals</u> Community Meals will be picked up between 11:40am- 12pm
8	9	10	11	12	13	14
	Manicotti Italian Salad Green Bean Almondine Roll and Butter Piece of Fruit Cookie	Chicken Salad Sandwich Diced Mixed Veggies Cottage Cheese Diced Peaches	Baked Chicken Breast w/ Provolone Italian Salad Zucchini & Squash Biscuits Wheat Bread Apple	Make Your Own Tacos 2 Tortillas, Beef, Tomatoes, Black Olives, Salsa Mexican Street Corn Refried Beans Banana	BBQ Beef Sandwich Baked Beans Mixed Grilled Veggies Fruit Cocktail Bun	314-292-7693 By 12pm on Thursday for the next week
15	16	17	18	19	20-In Person	21
	Chicken Quesadilla Mexican Street Corn Fajita Peppers Spanish Rice Fruit Cocktail Chocolate Pudding	Bagel and Lox Cream Cheese Tomato Cucumber Salad Noodle Kugel Fresh Fruit Cup	Sloppy Joes on Bun Green Bean Casserole Scalloped Potatoes Fresh Fruit Salad	Beef Lasagna Italian Vegetables Italian Salad Garlic Bread Apple	Stir Fry Chicken White Rice Stir Fry Veggies Mandarin Oranges Whole Grain Bread	<u>Resident Meals</u> Meals will be delivered on Monday between 11:30am-1pm
22	23	24	25	26	27	28
	Hot Dog on Bun w/condiments Baked Beans Broccoli Raisin Salad Apple Sauce/Dessert	Spaghetti & Meatballs Caesar Salad Roasted Broccoli Garlic Bread Fruit Cocktail	Salisbury Steak W/ Mushroom Gravy Mashed Potatoes Green Beans Quinoa Roll with Butter	Turkey Sandwich w/ Cheese Lettuce Tomato Cole Slaw Mixed Veggies Fruit Cocktail	Chicken Pesto Pasta Caesar Salad Italian Potatoes Orange Roll Oatmeal Raisin Cookie	ENJOY YOUR AGING AHEAD MEAL FOR A SUGGESTED DONATION OF \$5/MEAL!
29	30	1	2	3	4	5
	Meatloaf Mashed Potatoes Mixed Veggies Quinoa Salad Roll & Butter Fruit Cup	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	Baked Mostaciolli Italian Mixed Veggies Garlic Bread Apple	