

November 2024 Aging Ahead Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1	2
	Pot Roast Carrots, Celery, Potatoes White Rice Wheat Bread Apple Sauce/Dessert	Spaghetti & Meatballs Caesar Salad Roasted Broccoli Garlic Bread Fruit Cocktail	Chicken Pesto Pasta Caesar Salad Italian Potatoes Orange Roll Oatmeal Raisin Cookie	Turkey Sandwich w/ Cheese Lettuce Tomato Vegetable Soup Mixed Veggies Fruit Cocktail	Salisbury Steak W/ Mushroom Gravy Mashed Potatoes Green Beans Quinoa Roll with Butter	<u>Community Meals</u> Community Meals will be picked up between 11:40am-12pm
3	4	5	6	7	8	9
	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 Mostaccioli Italian Mixed Veggies Garlic Bread Apple	314-292-7693 By 12pm on Thursday for the next week
10	11	12	13	14	15	16
	Beef Stew w/ Potatoes, Carrots, Celery, Onions Green Bean Almondine Egg Noodles Roll & Butter Oatmeal Raisin Cookie	Tuna Noodle Casserole Diced Mixed Veggies Chopped Lettuce Salad Fruit Cocktail Whole Grain Bread	Chili Carrots Fruit Cocktail Cornbread	Chicken Fettucine W/ Broccoli Roasted Brussel Sprouts Dinner Roll/Butter Piece of Fruit	Lemon Pepper Tilapia California Blend Veggies Rice Pilaf Piece of Fruit Whole Grain Bread	<u>Resident Meals</u> Meals will be delivered on Monday between 11:30am-1pm
17	18	19	20	21	22	23
	Cheese Tortellini w/Peas, Mushrooms Ratatouille Wheat Bread Fruit	Chicken Marsala Mushrooms Roasted Cauliflower Egg Noodles Diced Peaches	BBQ Beef Sandwich Baked Beans Mixed Grilled Veggies Fruit Cocktail Bun	Beef Burrito Grilled Fajita Peppers Mexican Street Corn Spanish Rice Banana	Turkey Dinner Mashed Potatoes Sweet Potatoes Carrots Stuffing Cranberry Sauce Roll With Butter	ENJOY YOUR AGING AHEAD MEAL FOR A SUGGESTED DONATION OF \$5/MEAL!
24	25	26	27	28	29	30
	Chicken Quesadilla Mexican Street Corn Fajita Peppers Spanish Rice Pineapple Chunks Chocolate Pudding	Beef Lasagna Italian Vegetables Italian Salad Garlic Bread Apple	Sloppy Joes on Bun Green Bean Casserole Scalloped Potatoes Fresh Fruit Salad	Turkey Breast w/ Gravy Mashed Potatoes Carrots Cranberry Sauce Stuffing Roll/Butter	Stir Fry Chicken White Rice Stir Fry Veggies Mandarin Oranges Whole Grain Bread	