

# December 2024 Aging Ahead Menu

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