

January 2025 Aging Ahead Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3	4
	Chicken Quesadilla Mexican Street Corn Fajita Peppers Spanish Rice Pineapple Chunks Chocolate Pudding	Lemon Pepper Tilapia California Blend Veggies Rice Pilaf Piece of Fruit Whole Grain Bread	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	<u>Community Meals</u> Community Meals will be picked up between 11:40am-12pm
5	6	7	8	9	10	11
	Tuna Salad Sandwich Cole Slaw Tomato Soup Fruit Salad	Chicken & Dumplings California Blend Veggies Banana Roll & butter	Rosemary Baked Chicken Thighs California Blend Veggies Long Grain Wild Rice Roll & Butter Banana	Salisbury Steak W/ Mushroom Gravy Mashed Potatoes Green Beans Quinoa Roll with Butter	Chicken with Broccoli White Rice Carrots Clementines Oatmeal Raisin Cookie	314-292-7693 By 12pm on Thursday for the next week
12	13	14	15	16	17	18
	Turkey Sandwich Cheese on Side Lettuce Tomato Vegetable Soup Mixed Veggies Fruit Cocktail	Spaghetti & Meatballs Caesar Salad Roasted Broccoli Garlic Bread Fruit Cocktail	Beef Stroganoff Egg Noodles Green Beans Cauliflower Berry Medley	Chicken Tenders w/ Barbeque Sauce Creamed Spinach Sliced Carrots Macaroni & Cheese Peaches/Bread	Meatloaf Mashed Potatoes Stuffing Mixed Veggies Roll & Butter Fruit Cup	<u>Resident Meals</u> Meals will be delivered on Monday between 11:30am-1pm
19	20	21	22	23	24	25
	Chicken Salad Sandwich Diced Mixed Veggies Cottage Cheese Diced Peaches	Chicken Pesto Pasta Caesar Salad Italian Potatoes Orange Roll Oatmeal Raisin Cookie	Lemon Pepper Tilapia California Blend Veggies Rice Pilaf Piece of Fruit Whole Grain Bread	Chili Carrots Fruit Cocktail Cornbread	Beef Stew w/ Potatoes, Carrots, Celery, Onions Green Bean Almondine Egg Noodles Roll & Butter Oatmeal Raisin Cookie	ENJOY YOUR AGING AHEAD MEAL FOR A SUGGESTED DONATION OF \$5/MEAL!
26	27	28	29	30	31	1
	BBQ Chicken Sandwich Baked Beans Mixed Grilled Veggies Fruit Cocktail Bun	Tuna Noodle Casserole Diced Mixed Veggies Chopped Lettuce Salad Fruit Cocktail Whole Grain Bread	Baked Chicken Breast Italian Salad Zucchini & Squash Biscuits Wheat Bread Apple	Beef Burrito Grilled Fajita Peppers Mexican Street Corn Spanish Rice Banana	Chicken Marsala Mushrooms Roasted Cauliflower Egg Noodles Diced Peaches	