

# March 2025 Aging Ahead Menu

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