

April 2025 Aging Ahead Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2	3	4	5
	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	Community Meals Community Meals will be picked up between 11:40am-12pm
6	7	8	9	10	11-Dinner	12
	Pastrami Sandwich w/ Cheese on Rye Cole Slaw Potato Salad Fruit Salad Dessert	Garden Tilapia Oven Roasted Veggies Saffron Rice Fresh Fruit / Bread Oatmeal Raisin Cookie	Hot Dog on Bun w/condiments Baked Beans Broccoli Raisin Salad Apple Sauce/Dessert	Manicotti and Cheese w/ Marinara Sauce Italian Salad Italian Mixed Vegetables Garlic Toast Peaches	Chicken Marsala w/ Mushrooms Roasted Cauliflower Pasta Salad Fruit Cobbler Whole Grain Bread	314-292-7693 By 12pm on Tuesday for the next week
13	14	15	16	17	18	19
	Turkey Sandwich Cheese on Side Lettuce Tomato Vegetable Soup Mixed Veggies Fruit Cocktail	Dijon Garlic Salmon Vegetable Fried Rice Broccoli Wheat Bread Pears	Breaded Chicken Tender with BBQ Sauce Corn Salad Steam Carrots Macaroni and Cheese Bread / Peaches	Beef Burrito Grilled Fajita Peppers Mexican Street Corn Spanish Rice Banana	Salisbury Steak W/ Mushroom Gravy Mashed Potatoes Green Beans Egg Noodles Roll with Butter	Resident Meals Meals will be delivered on Monday between 11:30am-1pm
20	21	22	23	24	25-Dinner	26
	Bagel and Lox Cream Cheese Tomato Cucumber Salad Noodle Kugel Fresh Fruit Cup	Beef Lasagna Italian Vegetables Italian Salad Garlic Bread Apple	Hamburger on Bun Potato Salad Coleslaw Watermelon Dessert	Chicken Alfredo w/ Parmesan Cheese Italian Salad Ratatouille Peaches Wheat Bread	Artichoke Chicken Scalloped Potatoes Mixed Vegetables Roll and Butter Fruit Cocktail	ENJOY YOUR AGING AHEAD MEAL FOR A SUGGESTED DONATION OF \$5/MEAL!
27	28	29	30	1	2-Dinner	3
	Barbeque Chicken Sandwich Mixed Vegetables Parsely Potatoes Fresh Fruit Dessert	Turkey Tetrazzini Spinach Salad Whole Grain Bread Banana Chef Special Dessert	Beef Enchillada Roasted Veggies w/ Queso Mexican Street Corn Spanish Rice Peaches	Lemon Pepper Tilapia Wild Rice Pilaf Roasted Broccoli Fresh Fruit Bread/Oatmeal Cookie	Teriyaki Beef Stir Fry Broccoli Stir Fry Vegetables White Rice Watermelon Oatmeal Raisin Cookie	