

JUNE 2026 Aging Ahead Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
Dinner Served at 4:30pm each weeknight!	Barbeque Chicken Sandwich Mixed Vegetables Parsely Potatoes Fresh Fruit	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 Lima Beans Saffron Rice Fresh Fruit Bread/Oatmeal Cookie	Chicken Marsala w/ Mushrooms Roasted Cauliflower Pasta Salad Fruit Cobbler Whole Grain Bread	
7	8	9	10	11	12	13
	Chicken Salad Sandwich Diced Mixed Veggies Cottage Cheese Diced Peaches	Beef Lasagna Italian Vegetables Italian Salad Garlic Bread Apple	Sloppy Joes on Bun Green Bean Casserole Scalloped Potatoes Fresh Fruit Salad	Grilled Tenderloin w/ Horseradish Sauce Green Beans Mashed Potatoes Roll with Butter Fruit Cobbler	Rosemary Baked Chicken Thighs California Blend Veggies Long Grain Wild Rice Roll & Butter Banana	314-292-7693 By 12pm on Wednesday for the next week
14	15	16	17	18	19	20
	Pastrami Sandwich w/ Cheese on Rye Cole Slaw Potato Salad Fruit Salad Dessert	Cheese Blintzes w/ Sour Cream Spinach Squares Rice Pilaf Bagel Strawberries	Stuffed Green Peppers W/ Salsa Parmesan Potatoes Glazed Carrots Pasta Salad Roll w/ Butter Fresh Fruit Salad	Spaghetti & Meatballs Caesar Salad Roasted Broccoli Garlic Bread Fruit Cocktail	Hot Dog on Bun w/condiments Baked Beans Broccoli Raisin Salad Strawberries	
21	22	23	24	25	26	27
	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 Creamed Spinach Steamed Carrots Macaroni and Cheese Bread / Peaches	Hamburger on Bun Potato Salad Coleslaw Watermelon Dessert	Guinness Chicken Scalloped Potatoes Mixed Vegetables White Rice Roll and Butter Fruit Cocktail	ENJOY YOUR AGING AHEAD MEAL FOR A SUGGESTED DONATION OF \$5/MEAL!
28	29	30	1	2	3	4
	Bagel and Lox Cream Cheese Tomato Cucumber Salad Noodle Kugel Fresh Fruit Cup	Stir Fry Chicken White Rice Stir Fry Veggies Mandarin Oranges Whole Grain Bread	Beef Burrito Grilled Fajita Peppers Mexican Street Corn Spanish Rice Banana	Chicken Alfredo w/ Parmesan Cheese Italian Salad Ratatouille Peaches Wheat Bread	Salisbury Steak W/ Mushroom Gravy Mashed Potatoes Green Beans Egg Noodles Roll with Butter	