

July 2026 Aging Ahead Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27			1	2	3	4
Dinner Served at 4:30pm each weeknight!			Beef Burrito Grilled Fajita Peppers Mexican Street Corn Spanish Rice Banana	Chicken Alfredo w/ Parmesan Cheese Italian Salad Ratatouille Peaches Wheat Bread	Office Closed	
5	6	7	8	9	10	11
	Salisbury Steak W/ Mushroom Gravy Mashed Potatoes Green Beans Egg Noodles Berry Medley Roll with Butter	Spaghetti & Meatballs Caesar Salad Roasted Broccoli Garlic Bread Mandarin Oranges	Salmon with Maple Glaze California Blend Veggies Seasoned Rice Fresh Peach/Plum Wheat Bread	Chicken Pot Pie Garden Salad Macaroni and Cheese Apple Crisp	Turkey Sandwich Cheese on Side Lettuce Tomato Vegetable Soup Fruit Salad	314-292-7693 By 12pm on Wednesday for the next week
12	13	14	15	16	17	18
	Chicken Quesadilla Mexican Street Corn Fajita Peppers Spanish Rice Banana	Grilled Tenderloin w/ Horseradish Sauce Green Beans Mashed Potatoes Roll with Butter Fruit Cobbler	Greek Lemon Chicken Greek Salad Roasted Broccoli/Cauliflower Rice Pilaf Mandarin Oranges Pretzel roll	Beef Lasagna Italian Vegetables Italian Salad Garlic Bread Fruit Salad	French Dip w/ Au Jus Tater Tots Cole Slaw Watermelon	
19	20	21	22	23	24	25
	Breaded Chicken Tender with BBQ Sauce Creamed Spinach Steamed Carrots Macaroni and Cheese Bread / Peaches	Pot Roast Carrots, Celery, Potatoes White Rice Wheat Bread Apple Sauce/Dessert	Cheese Blintzes w/ Sour Cream Soup of the Day Spinach Squares Strawberries Roll	Beef Stroganoff Egg Noodles Green Beans Cauliflower Berry Medley Roll with Butter	Bagel and Lox Cream Cheese Tomato Cucumber Salad Noodle Kugel Banana	ENJOY YOUR AGING AHEAD MEAL FOR A SUGGESTED DONATION OF \$5/MEAL!
26	27	28	29	30	31	
	Sloppy Joes on Bun Green Bean Casserole Scalloped Potatoes Watermelon	Chicken Florentine Spinach Salad Soup of the Day Whole Grain Bread Fruit Cobbler	Sweet and Sour Chicken White Rice Stir Fry Veggies Mandarin Oranges Whole Grain Bread	Cod Piccata Fresh Salad Blended Veggies Rice Pilaf Whole Wheat Bread Pears	Hamburger on Bun Potato Salad Coleslaw Watermelon / Dessert	