

# August 2026 Aging Ahead Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	3	4	5	6	7	8
Dinner Served at 4:30pm Each Weeknight!	<b>Orange Chicken</b> Stir Fry Vegetables White Rice Mandarin Oranges Chocolate Pudding	<b>Meatloaf</b> Mashed Potatoes Mixed Veggies Quinoa Salad Roll with Butter Applesauce	<b>Hot Dog on Bun w/condiments</b> Baked Beans Broccoli Raisin Salad Watermelon	<b>Guinness Chicken</b> Scalloped Potatoes Mixed Vegetables Roll with Butter Fruit Cobbler	<b>Lemon Pepper Tilapia</b> California Blend Veggies Rice Pilaf Pear Whole Grain Bread	
9	10	11	12	13	14	15
	<b>French Dip w/ Au Jus</b> Tater Tots Coleslaw Watermelon	<b>Stuffed Green Peppers w/ Marinara Sauce</b> Parmesan Potatoes Glazed Carrots White Rice Roll with Butter Fruit Salad	<b>Salmon with Maple Glaze</b> Fresh Salad California Blend Veggies Seasoned Rice Fresh Peach/Plum Wheat Bread	<b>Chicken Florentine</b> Spinach Salad Vegetable Soup Whole Grain Bread Peaches	<b>Salisbury Steak w/ Mushroom Gravy</b> Egg Noodles Mashed Potatoes Green Beans Berry Medley Roll with Butter	<b>314-292-7693 By 12pm on Wednesday for the next week</b>
16	17	18	19	20	21	22
	<b>Cod Piccata</b> Fresh Salad Steamed Broccoli Rice Pilaf Pear Whole Wheat Bread	<b>Sweet &amp; Sour Meatballs</b> Sautéed Green Beans Vegetable Soup Whole Grain Rice Peaches	<b>Corned Beef Sandwich w/ Swiss on Rye Bread</b> Parsley Potatoes Glazed Carrots Fruit Cocktail	<b>Beef Stroganoff</b> Egg Noodles Green Beans Cauliflower Berry Medley Roll with Butter	<b>Roasted Chicken</b> Steamed Carrots Parsley Potatoes Spiral Pasta in Butter Challah Roll Fruit Salad	
23	24	25	26	27	28	29
	<b>Chicken Pot Pie</b> Garden Salad Green Bean Casserole Macaroni and Cheese Biscuit Apple Crisp	<b>Cheese Blintzes</b> w/ Sour Cream Vegetable Soup Glazed Carrots Strawberries Bagel	<b>Sloppy Joes on Bun</b> Green Bean Casserole Scalloped Potatoes Watermelon	<b>Baked Chicken Breast w/ Provolone</b> Italian Salad Zucchini & Squash Quinoa Salad Pear / Biscuit	<b>Grilled Tenderloin w/ Horseradish Sauce</b> Mashed Potatoes Green Beans Roll with Butter Fruit Cobbler	<b>ENJOY YOUR AGING AHEAD MEAL FOR A SUGGESTED DONATION OF \$5/MEAL!</b>
30	31					
	<b>Bagel and Lox</b> Cream Cheese Tomato Cucumber Salad Noodle Kugel Banana					

Thank you to program funders:

Aging Ahead, Covenant Place Foundation, Jewish Federation of St. Louis, JCA Charitable Foundation, Kahn Fund, and Goldman-Prince Charitable Fund