

September 2026 Aging Ahead Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
Dinner Served at 4:30pm Each Weeknight!			Greek Lemon Chicken Greek Salad Roasted Broccoli/Cauliflower Rice Pilaf Orange Wheat Bread	Beef Stir Fry Broccoli Stir Fry Veggies White Rice Pear Biscuit	Turkey Sandwich Cheese on Side w/ Lettuce & Tomato Vegetable Soup Fruit Salad	
6	7	8	9	10	11	12
	Office Closed	Stuffed Green Peppers w/ Marinara Sauce Parmesan Potatoes Glazed Carrots White Rice Fruit Salad Roll with Butter	Tuna Salad Sandwich on Bun Mixed Vegetables Diced Peaches Cottage Cheese	Turkey Breast w/ Gravy Mashed Potatoes Carrots Roll with Butter Apple Crisp	Office Closed	314-292-7693 By 12pm on Wednesday for the next week
13	14	15	16	17	18	19
	Spaghetti & Meatballs Caesar Salad Roasted Broccoli Mandarin Oranges Garlic Bread	Meatloaf Mashed Potatoes Mixed Veggies Berry Medley Roll with Butter Oatmeal Raisin Cookie	Chicken & Dumplings California Blend Veggies Fresh Peach/Plum Roll with Butter	Roasted Chicken Steamed Carrots Parsley Potatoes Spiral Pasta in Butter Fruit Salad Challah Roll	Hamburger on Bun Potato Salad Coleslaw Fruit Cocktail	
20	21	22	23	24	25	26
	Office Closed	Beef Lasagna Italian Salad Italian Vegetables Fruit Salad Garlic Bread	Salmon with Maple Glaze Fresh Salad California Blend Veggies Seasoned Rice Fresh Peach/Plum Wheat Bread	Cheese Blintzes w/ Sour Cream Vegetable Soup Spinach Squares Strawberries Wheat Bread	Salisbury Steak w/ Mushroom Gravy Mashed Potatoes Green Beans Egg Noodles Fruit Cobbler	ENJOY YOUR AGING AHEAD MEAL FOR A SUGGESTED DONATION OF \$5/MEAL!
27	28	29	30			
	Sloppy Joes on Bun Green Bean Casserole Scalloped Potatoes Fruit Salad	Lemon Pepper Tilapia California Blend Veggies Rice Pilaf Orange Whole Grain Bread	Chicken Enchiladas Mexican Street Corn Fajita Peppers Spanish Rice Banana			

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