

October 2026 Aging Ahead Menu

SUGGESTED DONATION IS ONLY \$5 PER MEAL, BUT YOUR CHOICE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
Call 314-292-7693 by 12 pm on Wednesday to register for next week	Dinner Served at 4:30pm Each Weeknight!			Beef Stroganoff Egg Noodles Green Beans Cauliflower Orange Roll w/ Butter	Pastrami Sandwich w/ Cheese on Rye Potato Salad Coleslaw Fruit Salad Chocolate Brownies	
4	5	6	7	8	9	10
Call 314-292-7693 by 12 pm on Wednesday to register for next week	Chicken Quesadilla Spanish Rice Mexican Street Corn Fajita Peppers Banana	Tuna Noodle Casserole Chopped Lettuce Salad Mixed Vegetables Plum Whole Grain Bread	Guinness Chicken Egg Noodles Scalloped Potatoes Mixed Vegetables Pear Roll w/ Butter	Turkey Sandwich w/ Cheese, Lettuce & Tomato Vegetable Soup Banana	Sliced Brisket House Salad w/ Tomatoes, Cucumbers & Balsamic Dressing Maple Glazed Roasted Carrots Fruit Salad Roll w/ Butter Oatmeal Cookie	314-292-7693 By 12pm on Wednesday for the next week
11	12	13	14	15	16	17
Call 314-292-7693 by 12 pm on Wednesday to register for next week	Orange Chicken White Rice Stir Fry Vegetables Mandarin Oranges Wheat Bread Chocolate Pudding	Bagel & Lox w/ Cream Cheese Tomato Cucumber Salad Noodle Kugel Banana	Sweet & Sour Meatballs Vegetable Soup Sautéed Green Beans Pear Wheat Bread	Chili Con Carne w/ Beans & Tomatoes Brown Rice Spinach Salad Fruit Salad Cornbread	Hot Dog on Bun w/ Condiments Broccoli Raisin Salad Baked Beans Berry Medley	
18	19	20	21	22	23	24
Call 314-292-7693 by 12 pm on Wednesday to register for next week	Stuffed Cabbage w/ Marinara Sauce Brown Rice Italian Vegetables Mandarin Oranges Garlic Bread	Salmon w/ Maple Glaze Seasoned Rice California Blend Vegetables Plum Wheat Bread	Cheese Tortellini w/ Peas & Mushrooms Ratatouille Diced Peaches Wheat Bread	Roasted Chicken Parsley Potatoes Steamed Carrots Orange Roll w/ Butter Oatmeal Raisin Cookie	Sloppy Joes on Bun Green Bean Casserole Scalloped Potatoes Fruit Salad	
25	26	27	28	29	30	31
Call 314-292-7693 by 12 pm on Wednesday to register for next week	Salisbury Steak w/ Mushroom Gravy Mashed Potatoes Green Beans Fruit Salad Roll w/ Butter Oatmeal Cookie	Cheese Blintzes w/ Sour Cream Vegetable Soup Spinach Squares Strawberries Wheat Bread	Tuna Salad Sandwich on Bun Mixed Vegetables Diced Peaches Cottage Cheese	Chicken & Dumplings California Blend Veggies Pear Roll w/ Butter	Hamburger on Bun Potato Salad Coleslaw Fruit Cocktail	

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