

November 2026 Aging Ahead Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
Dinner Served at 4:30pm Each Weeknight!	Chicken Marsala w/ Mushrooms Egg Noodles Roasted Cauliflower Fruit Roll w/ Butter	Spaghetti & Meatballs Cesar Salad Roasted Broccoli Fruit Garlic Bread	Egg Salad Tomato & Cucumber Salad Fruit Wheat Bread Oatmeal Cookie	Garden Tilapia Saffron Rice Lima Beans Fruit Wheat Bread	Turkey Sandwich w/ Cheese, Lettuce & Tomato on the Side Vegetable Soup Fruit	
8	9	10	11	12	13	14
	Baked Chicken Breast Squash Medley Fruit Roll w/ Butter Oatmeal Raisin Cookie	Pot Roast w/ Carrots, Celery & Potatoes White Rice Fruit Wheat Bread	Cornbread Casserole Cole Slaw Fruit Roll w/ Butter	Salisbury Steak w/ Mushroom Gravy Egg Noodles Mashed Potatoes Green Beans Fruit Cobbler	Bagel & Lox w/ Cream Cheese Tomato & Cucumber Salad Kasha & Shells Fruit	314-292-7693 By 12pm on Wednesday for the next week
15	16	17	18	19	20	21
	Greek Lemon Chicken Greek Salad Roasted Broccoli/Cauliflower Roll w/ Butter Fruit Cobbler	Cheese Blintzes w/ Sour Cream Soup of the Day Spinach Squares Strawberries	Chicken Salad Sandwich Mixed Vegetables Fruit Chocolate Brownies	Salmon w/ Maple Glaze Seasoned Rice California Blend Vegetables Fruit Wheat Bread	Corned Beef Sandwich w/ Swiss on the Side Parsley Potatoes Glazed Carrots Fruit	
22	23	24	25		27	28
	Tuna Casserole Lentil Soup Fresh Salad Fruit	Cheese Tortellini w/ Peas & Mushrooms Ratatouille Fruit Wheat Bread	Turkey Breast w/ Gravy Stuffing Mashed Potatoes Cranberry Sauce Roll w/ Butter	OFFICE CLOSED	OFFICE CLOSED	ENJOY YOUR AGING AHEAD MEAL FOR A SUGGESTED DONATION OF
29	30					
	Sweet & Sour Chicken White Rice Stir Fry Vegetables Fruit Whole Grain Bread					

Thank you to program funders:

Aging Ahead, Covenant Place Foundation, Jewish Federation of St. Louis, JCA
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