December 2026 Aging Ahead Menu

ENJOY YOUR AGING AHEAD MEAL FOR A SUGGESTED DONATION OF $5/MEAL!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
314-292-7693 Call by 12pm on Wednesday for the next week	**Dinner Served at 4:30pm Each Weeknight!**	**Baked Tilapia** Garlic Noodles Broccoli Pear Wheat Bread	**Beef Burrito** Spanish Rice Mexican Street Corn Fajita Peppers Banana	**Artichoke Chicken** Mixed Vegetables Fruit Cocktail Roll w/ Butter Oatmeal Raisin Cookie	**Pastrami Sandwich w/ Cheese on the Side** Potato Salad Fruit Salad	
6	7	8	9	10	11	12
314-292-7693 Call by 12pm on Wednesday for the next week	**Chicken Pot Pie** Fresh Salad Orange Roll w/ Butter	**Beef LoMein w/ Peas, Carrots & Celery** Mandarin Oranges Roll w/ Butter	**Lemon Pepper Cod** Saffron Rice Lima Beans Pear Wheat Bread	**Turkey Sandwich Cheese on Side w/ Lettuce & Tomato** Vegetable Soup Banana	**Sliced Brisket** House Salad Maple Glazed Carrots Fruit Salad Roll w/ Butter Oatmeal Cookie	
13	14	15	16	17	18	19
314-292-7693 Call by 12pm on Wednesday for the next week	**Chili w/ Macaroni Noodles** Squash Medley Fruit Salad Cornbread	**Roasted Chicken** Parsley Potatoes Steamed Carrots Roll w/ Butter Fruit Cobbler	**Stuffed Peppers w/ Marinara Sauce** White Rice Glazed Carrots Fruit Cocktail Wheat Bread	**Hot Dog on Bun w/ Condiments** Broccoli Raisin Salad Berry Medley	**Bagel & Lox w/ Cream Cheese** Tomato & Cucumber Salad Noodle Kugel Banana	
	21	22	23	24	25	26
314-292-7693 Call by 12pm on Wednesday for the next week	**Turkey Burger** Cole Slaw Buttered Corn Mandarin Oranges Chocolate Brownies	**Pot Roast w/ Carrots, Celery & Potatoes** White Rice Wheat Bread Applesauce	**Egg Salad** Tomato & Cucumber Salad Banana Wheat Bread Oatmeal Raisin Cookie	**OFFICE CLOSED HALF-DAY**	**OFFICE CLOSED**	
27	28	29	30	31		
314-292-7693 Call by 12pm on Wednesday for the next week	**Cheese Blintzes w/ Sour Cream** Soup of the Day Spinach Squares Strawberries	**Tuna Salad Sandwich** Mixed Vegetables Diced Peaches Cottage Cheese	**Salisbury Steak w/ Mushroom Gravy** Mashed Potatoes Green Beans Roll w/ Butter Fruit Cobbler	**Chicken Marsala w/ Mushrooms** Egg Noodles Roasted Cauliflower Orange Roll w/ Butter		

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