

August

Aging Ahead - St. Peters

636-278-2410

Congregate Menu

2019

Monday

Tuesday

Wednesday

Thursday

Friday

The suggested donation for all senior meals is \$4.00
All donations are appreciated!

5 BBQ Pork Riblet
Baked Beans
Seasoned Cauliflower
Cinnamon Applesauce
Wheat Bun

6 Potato Crunch Pollock
Mac N' Cheese
Lima Beans
Tuscan Vegetables
Mixed Fruit Cup
Dinner Roll

7 Spaghetti & Meatballs
Carrots
Spiced Pears
Garlic Bread

1 Roasted Turkey w/
Gravy & Stuffing
Sweet Potatoes
Green Beans
Fresh Grapes
Dinner Roll

2 Herbed Fish
Buttered Noodles
Stewed Okra & Tomatoes
Sugar Snap Peas
Strawberries
Breadstick

12 Sloppy Joe
Tater Tots
Zucchini
Fruit Cocktail
Wheat Bun

13 Cheesy Ranch Chicken
Glazed Carrots
Oriental Vegetables
Mandarin Oranges
Oatmeal Raisin Cookie

14 Shrimp Poppers
Hushpuppies
Coleslaw
Potato Wedges
Seasoned Spinach

15 Smothered Pork Chop
w/ Onions & Gravy
Brussels Sprouts
Parmesan Tomatoes
Fresh Apple
Wheat Bread
Frosted Cake

16 Cottage Cheese Fruit
Plate
Melon Medley
Pineapple
Crackers (2)
Strawberry Bar

19 Meatball Sub w/ Italian
Tomato Sauce
Italian Vegetables
Spinach
Wheat Bun
Chocolate Pudding

20 Seasoned Baked Chicken
Au Gratin Potatoes
Scandinavian Vegetables
Cranberry Applesauce
Wheat Bread
Brownie

21 Egg Frittata
Potatoes O'Brien
Spiced Peaches
Apple Juice
Whole Grain Biscuit
Blueberry Muffin

22 Taco Casserole
Chuckwagon Corn
Sonoma Vegetables
Fresh Grapes
Tortilla Chips

23 Roasted Pork w/ Gravy
Mashed Potatoes
Broccoli
Pineapple
Dinner Roll
Sugar Cookie

26 Orange Chicken
Brown Rice
Oriental Vegetables
Carrots
Mandarin Oranges

27 BBQ Pulled Pork
Zucchini & Tomatoes
Corn
Tropical Fruit Cup
Wheat Bun

28 Tuna Salad
Garden Salad
Marinated Cucumbers
Fruit Fluff
Wheat Bun

29 Crab Cake w/ Remoulade
Rice Pilaf
Catalina Vegetables
Peas & Carrots
Watermelon
Wheat Bread

30 Beef Brisket
Yellow Squash
Green Beans
Wheat Bread
Apple Dump Cake

Daily Menus May Change Without Notice