

December

Aging Ahead - St. Peters

636-278-2410

2019

Congregate Menu

Monday		Tuesday		Wednesday		Thursday		Friday	
2	Beef Hash Green Beans Apple Whole Grain Biscuit Gingerbread Cookie	3	Garlic & Herb Chicken Breast Noodles w/Alfredo Sauce Green Peas Seasoned Cauliflower Pineapple Dump Cake	4	Crab Cake Pasta Fresca w/Tomatoes Hush Puppies Tuscan Vegetables Vanilla Pudding	5	Ham & Beans Spinach Cornbread Spiced Pears	6	Turkey Tetrazzini Tuscan Vegetables Broccoli Cranberry Orange Gelatin Dinner Roll
9	Sloppy Joe on Wheat Bun mixed vegetables Tater Tots Blueberry Pomegranate Applesauce	10	Potato Crusted Fish Au Gratin Potatoes Italian Vegetables Pears Wheat Bread Brownie	11	Country Pork & Noodles Marilyn's Baked Spinach Zucchini & Tomatoes Fruit Cocktail Breadstick	12	Roasted Turkey and Stuffing Sweet Potatoes Carrots Banana Dinner Roll	13	Chicken Pot Pie Catalina Vegetables Baked Pineapple Whole Grain Biscuit
16	Lemon Pepper Fish Stewed Tomatoes Tuscan Vegetables Breadstick Grapes Blueberry Muffin	17	Swiss Steak w/Tomatoes Italian Potatoes Sugar Snap Peas Mandarin Oranges Wheat Bread Vanilla Wafers	18	Breaded Chicken Sandwich on Wheat Bun Tater Tots Coleslaw Stewed Apples & Raisins	19	Beef Inside Round Mashed Potatoes Green Bean Casserole Dinner Roll Cranberry Orange Gelatin Cake	20	Meatball Sub Cheesy Potatoes Vegetable Medley Lemon Pudding Strawberry Bar
23	Chicken Tenders w/ BBQ Sauce Curly Fries Cheesy Cauliflower Tropical Fruit Cup Wheat Bread	24	Potato Crusted Fish on Bun w/Lettuce and Tomatoes Marinated Vegetable Salad Spiced Pears Brownie	25	Christmas Day Center closed	26	Smothered Pork w/ Onions & Gravy Mashed Potatoes Stewed Okra & Tomatoes Gelatin w/Mixed Fruit Wheat Bread Graham Crackers	27	Chili Mac Scandinavian Vegetables Roasted Cauliflower Mandarin Oranges Cornbread
30	Cheesy Ranch Chicken Sonoma Vegetables Carrots Cranberry Applesauce Wheat Bread	31	Oven Fried Catfish Potato Wedges Hushpuppies Coleslaw Blushing Pears Whole Grain Sugar Cookie						The suggested donation for all senior meals is \$4.00 All donations are appreciated!

Daily Menus May Change Without Notice