

April

Aging Ahead Ferguson Senior Center

314-867-5661

Congregate Menu

2024

Monday

Tuesday

Wednesday

Thursday

Friday

1 **Chicken Broccoli Alfredo**
Italian Blend Vegetables
Tropical Fruit Cup
Breadstick
Milk

2 **Turkey Club Wrap**
Pea Salad
Cucumber Salad
Cantaloupe
Wheat Tortilla
Milk

3 **Lemon Pepper Fish**
Stewed Tomatoes
Winter Blend Vegetables
Fruit & Yogurt Parfait
Hushpuppies
Rice Pilaf
Milk

4 **Beef Tips w/ mushroom**
gravy
Mashed Potatoes
Roasted Zucchini
Mixed Berries
Wheat Roll, Brownie
Milk

5 **Pork and Noodles**
Stir Fry Vegetables
Snap Peas
Pineapple Chunks
Egg Rolls
Milk

8 **Seasoned Baked Chicken**
Green Beans
Glazed Carrots
Macaroni & Cheese
Honeydew
Wheat Roll
Milk

9 **Chef Salad w/Ham&**
Chicken
Orange
Chocolate Chip Cookie
Macaroni Salad
Milk

10 **Swedish Meatballs**
California Blend Vegetables
Green Peas
Mixed Berries
Egg Noodles
Whole Wheat Bread
Milk

11 **Potato Breakfast Casserole**
Grapes
Fruit Juice
Biscuits
Breakfast Cereal
Milk

12 **Pork Tenderloin**
Brussel Sprouts
Yellow Squash
Strawberry Angel Food Cake
Cornbread
Milk

15 **Turkey Pesto Sandwich**
Side Salad
Pea Salad
Fruit Cocktail
Ciabatta Roll
Milk

16 **Beer Battered Cod**
Tomatoes and Zucchini
Corn
Pineapple Nut Salad
Hushpuppies
Muffin
Milk

17 **Meatloaf**
AuGratin Potatoes
Steamed Broccoli
Strawberries
Wheat Roll
Cereal Bar
Milk

18 **Chicken Cacciatore**
Spinach
Peach Cobbler
Egg Noodles
Garlic Bread
Milk

19 **Cheeseburger**
Seasoned Fries
Carrots
Applesauce
Hamburger Bun
Milk

22 **Salsa Chicken**
Black Bean's
Cheesy Cauliflower
Watermelon
Spanish Rice
Cookie
Milk

23 **Philly Cheese Steak**
Baby Carrots
Roasted Potatoes
Diced Peaches
Wheat Bun
Milk

24 **Breaded Shrimp**
Coleslaw
Green Beans
Spaghetti
Strawberries
Garlic Bread
Milk

25 **Country Fried Steak**
Mashed Potatoes w/
Country Gravy
Corn on the Cob
Fruit Crisp
Wheat Roll, Muffin
Milk

26 **Meatball Sub.**
Winter Blend Vegetables
Baked Beans
Macaroni and Cheese
Peaches
Hoagie Roll
Milk

29 **Chicken Pot Pie**
Harvard Beets
Brussel Sprouts
Cherry Crisp
Vanilla Wafers
Milk

30 **Ham and Beans**
Mixed Vegetables
Blackberries
Corn Bread
Cereal Bar
Milk

The suggested donation
all senior meals are \$5.00.
All donations are
appreciated!!