

APRIL

Aging Ahead - O'Fallon Center Menu

RESERVATIONS REQUIRED

636-272-4180

2024

LUNCH IS SERVED 11:30-12:15

<i>Monday</i>		<i>Tuesday</i>		<i>Wednesday</i>		<i>Thursday</i>		<i>Friday</i>	
1	CHICKEN BROCCOLI ALFREDO ITALIAN BLEND VEG. TROPICAL FRUIT CUP GARLIC BREAD	2	TURKEY CLUB SANDWICH CUCUMBER SALAD THREE BEAN SALAD APPLE WHEAT BUN	3	LEMON PEPPER FISH PARMESEAN TOMATOES GREEN BEANS MANDARIN ORANGES HUSHPUPPIES RICE PILAF	4	BEEF TIPS WITH MUSHROOM GRAVY MASHED POTATOES ROASTED ZUCCHINI BLUSHING PEARS WHEAT ROLL BROWNIE	5	PORK TACOS FIESTA CORN PINTO BEANS PINEAPPLE TIDBITS BROWN RICE WHEAT TORTILLA
8	SEASONED BAKED CHICKEN GREEN BEANS GLAZED CARROTS CANTALOUPE MAC AND CHEESE WHEAT ROLL	9	OVEN BAKED FISH STEWED TOMATOES SNAP PEAS GRAPES WHEAT BUN GRANOLA BAR	10	SWEDISH MEATBALLS CALIFORNIA BLEND VEG BLACKEYED PEAS BANANA EGG NOODLES WHITE BREAD	11	SWEET POTATO TOT BREAKFAST CASSEROLE APPLE JUICE BANANA WHEAT TOAST BREAKFAST CEREAL	12	CHICKEN CACCAIATORE SAUTEED SPINACH APPLE COBBLER SPAGHETTI NOODLES BREADSTICK
15	TURKEY PESTO SANDWICH POTATO SALAD MARINATED VEGETABLE SALAD FRUIT COCKTAIL CIABATTA ROLL	16	BEER BATTERED COD TOMATOES & ZUCCHINI CORN PINEAPPLE NUT SALAD HUSHPUPPIES BLUEBERRY MUFFIN	17	MEATLOAF AU GRATIN POTATOES STEAMED BROCCOLI STRAWBERRIES WHEAT ROLL CEREAL BAR	18	PORK CHOP BRUSSELS SPROUTS YELLOW SQUASH STRAWBERRY ANGEL FOOD CAKE CORNBREAD	19	SPAGHETTI W/ MEAT SAUCE TOSSED SALAD MANDARIN ORANGES GARLIC BREAD
22	SALSA CHICKEN BLACK BEANS CHEESY CAULIFLOWER WATERMELON SPANISH RICE CHOCOLATE CHIP COOKIE	23	PHILLY CHEESESTEAK BABY CARROTS ROASTED POTATOES DICED PEACHES WHEAT BUN	24	CRAB CAKES SWEET POTATO TOTS SAUTEED CABBAGE MANGO RICE PILAF WHEAT BREAD	25	COUNTRY FRIED STEAK MASHED POTATOES W/ GRAVY MEADOW BLEND VEG. APPLESAUCE WHEAT ROLL MUFFIN	26	BBQ PORK RIBLET BUTTERNUT SQUASH MARINATED ARTICHOKE SALAD BANANA WHEAT BUN
29	CHICKEN POT PIE HARVARD BEETS BRUSSELS SPROUTS DICED PEACHES VANILLA WAFERS	30	HAM AND BEANS BAKED SPINACH FRUITED JELLO CORNBREAD CEREAL BAR	MILK IS INCLUDED IN ALL MEALS MENU IS SUBJECT TO CHANGE		PLEASE CALL ONE WEEK IN ADVANCE FOR RESERVATIONS ALWAYS, ALWAYS, PLEASE CALL IF YOU CAN'T MAKE IT HERE		\$5.00 DONATION FOR SENIORS OVER 60 UNDER 60- \$10.00	