

April

Aging Ahead - Quad Cities

636-937-8333

Congregate Menu

2024

<i>Monday</i>		<i>Tuesday</i>		<i>Wednesday</i>		<i>Thursday</i>		<i>Friday</i>	
1	Chicken Broccoli Alfredo Carrots Pineapple Nut Salad Garlic Bread	2	Baked Ham Mashed Potatoes w/gravy Green Beans Strawberries Cheesecake Dinner Roll Fig Bar	3	Crab Cakes Stewed Tomatoes Cabbage Mango Rice Pilaf Wheat Bread	4	Hot Dog on Wheat Bun Baked Beans Corn Banana Pudding Chips & Nacho Cheese	5	Swedish Meatballs California Vegetables Black Eyed Peas Mixed Berries Egg Noodles Wheat Bread
8	Cheeseburger Brussel Sprouts Carrots Pineapple Wheat Bun Peanut Butter Cookie	9	Pork Tacos Fiesta Corn Pinto Beans Tropical Fruit Salad Brown Rice	10	Butterfly Shrimp Baked Potato Lima Beans Blueberries Granola Bar Muffin	11	Beef Tips with Mushroom Gravy Green Beans Cauliflower Fruit Cup Dinner Roll Brownie	12	Sweet Potato Tot Breakfast Casserole Mango Fruit Juice Wheat Toast Breakfast Cereal
15	Pizza Casserole Peas & Carrots Cinnamon Apples Garlic Bread	16	Beef Roast Mashed Potatoes w/gravy Green Beans Fresh Orange Garlic Bread Teddy Graham	17	Chicken Pot Pie Cream Corn Brussel Sprouts Fruit Juice Biscuit	18	Chicken Cacciatore Spinach Peach Dump Cake Spaghetti Noodles Breadstick	19	Turkey Pesto Sandwich Potato Salad Marinated Vegetable Salad Fruit Cocktail Ciabatta Roll COLD LUNCH
22	Salsa Chicken Black Beans Cheesy Cauliflower Pears Spanish Rice Cookie	23	Philly Cheesesteak Tuscan Vegetables Roasted Potatoes Diced Peaches Hoagie Roll	24	Stuffed Pasta O'Brien Potatoes Strawberries Wheat Roll Teddy Grahams	25	Country Fried Steak Mashed Potatoes w/gravy Corn Applesauce Dinner Roll Muffin	26	BBQ Pork Riblet Peas Marinated Artichoke Salad Apple Crisp Wheat Bun
29	Roast Beef Gyro Wrap Cucumber Salad Coleslaw Mandarin Oranges	30	Ham & Beans Spinach Blackberries Cornbread Breakfast Bar				The suggested donation for all senior meals is \$5.00 All donations are appreciated!		Please remember to make your lunch reservations 24 hours in advance

Daily Menus May Change Without Notice