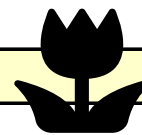


April



Aging Ahead - St. Charles Senior Center

636-949-0658



2024

Congregate Menu

Monday

Tuesday

Wednesday

Thursday

Friday

1 Chicken Broccoli Alfredo
Italian Blend Vegetables
Garlic Bread
Tropical Fruit Cup

2 Turkey Club Wrap
Fresh Veggies w/Ranch
Cucumber Salad
Orange

3 Lemon Pepper Fish
Parmesan Tomatoes
Crispy Baked Okra
Hushpuppies
Rice Pilaf
Cherry & Yogurt Parfait

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

5 Pork Tacos w/
Salsa, Sour Cream, Cheese
Fiesta Corn
Pinto Beans
Brown Rice
Pineapple Tidbits

8 Seasoned Baked Chicken
Mac and Cheese
Green Beans
Glazed Carrots
Wheat Roll
Cantaloupe

9 Shrimp Po Boy Sandwich
Stewed Tomatoes
Snap Peas
Grapes
Granola Bar

10 Swedish Meatballs
Egg Noodles
California Blend Vegetables
Black Eyed Peas
White Bread
Banana

11 Pork Tenderloin
Brussel Sprouts
Yellow Squash
Cornbread
Strawberry Angel Food Cake

12 Sweet Potato Tot
Breakfast Casserole
Wheat Toast
Breakfast Cereal
Blueberries
Raspberries

15 Beer Battered Cod
Tomatoes & Zucchini
Corn
Hushpuppies
Banana Muffin
Pineapple Nut Salad

16 Turkey Pesto Sandwich
Ciabatta Roll
Marinated Vegetable Salad
Pea Salad
Fruit Cocktail

17 Meatloaf
Au Gratin Potatoes
Steamed Broccoli
Wheat Roll
Cereal Bar
Strawberries

18 Chicken Cacciatore
Spaghetti Noodles
Sauteed Spinach
Garlic Bread
Cherry Cobbler

19 Beef Patty Fritter w/ white gravy
Au Gratin Potatoes
Green Beans
Side Salad
Dinner Roll
Grape Salad

22 Salsa Chicken
Spanish Rice
Black Beans
Cheesy Cauliflower
Watermelon
Cookie

23 Philly Cheesesteak
Baby Carrots
Roasted Potatoes
Diced Peaches

24 Crab Cakes
Sweet Potato Fries
Sauteed Cabbage
Rice Pilaf
Wheat Bread
Mango

25 Country Fried Steak
Mashed Potatoes w/Gravy
Meadow Blend Vegetables
Wheat Roll
Blueberry Muffin
Applesauce

26 BBQ Pork Riblet
Wheat Bun
Butternut Squash
Marinated Artichoke Salad
Banana

29 Chicken Pot Pie
Harvard Beets
Brussel Sprouts
Peaches
Vanilla Wafers

30 Ham and Beans
Peas & Carrots
Cornbread
Blackberries
Cereal Bar

LUNCH IS SERVED
DAILY FROM 11AM-12PM

All meals served with milk

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

PLEASE CALL TO MAKE
LUNCH RESERVATION
636-949-0658





