

MAY

Aging Ahead-Ferguson Senior Center

314-867-5661

Congregate Menu

2024

Monday

Tuesday

Wednesday

Thursday

Friday

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

1 BBQ Burger
Potato Wedges
GreenBean Casserole
Fruit Crisp
Texas Toast
Milk

2 Chicken-n-Dumplings
Tuscan Vegetables
Green Pea's
Fruit Fluff
Bread Pudding
Milk

3 Taco Salad
Grape Salad
Tostido Chips
Fig Bar
Milk

6 Pulled Pork
Seasoned Fries
Corn
Mandarin Oranges
Wheat Bun
Milk

7 Cheese Ravioli
Spinach
Pear's
Breadstick
Milk

8 Chicken Sandwich
Side Salad
Cauliflower
Applesauce
Wheat Bun
Milk

9 Bratwurst w/onions & peppers
Baked Beans
Curly Fries
Stewed Apples & Raisins
Wheat Bun
Milk

10 Fish Sandwich
Coleslaw
Green Beans
Peaches
Wheat Bun
Cookie
Milk

13 Chicken Broccoli Alfredo
Italian Blend Vegetables
Tropical Fruit Cup
Garlic Bread
Milk

14 Lemon Pepper Fish
Stewed Tomatoes
Broccoli w/ Cheese
Fruit & Yogurt Parfait
Hushpuppies
Rice Pilaf
Milk

15 Chicken Ceasar Wrap
Cucumber Salad
Pea Salad
Fruit-n- Gelatin
Wheat Tortilla
Milk

16 Beef Tips w/ Mushroom Gravy
Mashed Potatoes
Roasted Zucchini
Mixed Berries
Wheat Roll
Brownie
Milk

17 Chicken Fajitas
Fiesta Corn
Refried Bean's
Pineapple Tidbits
Spanish Rice
Milk

20 Seasoned Baked Chicken
GreenBeans
Glazed Carrots
Cantaloupe
Macaroni & Cheese
Wheat Roll
Milk

21 Tuna Salad
Potato Salad
Coleslaw
Blueberries
Wheat Bun
Cookie
Milk

22 Swedish Meatballs
California Blend Veg
Lima Beans
Grapes
Egg Noodles
Wheat Bread
Milk

23 Pork Tenderloin
Brussel Sprouts
Yellow Squash
Strawberry Angel Food Cake
Graham Crackers
Milk

24 Potato Breakfast Casserole
Banana
Fruit Juice
Wheat toast
Breakfst Cereal
Milk

27 HPPY MEMORIAL DAY!

Center Closed

28 Beer Battered Cod
Tomatoes& Zucchini
Cream Corn
Pineapplenut Salad
Hushpuppies
Muffin
Milk

29 Meatloaf
Augratin Potatoes
Broccoli
Strawberries
Wheat Roll
Cereal Bar
Milk

30 Chicken Cacciatore
Spinach
Peach Cobbler
Spaghetti Noodles
Beread Stick
Milk

31 Pizza
Side Salad
Fruit Juice
Watermelon
Milk

Daily Menus May Change Without Notice