


May

**Aging Ahead - Quad Cities**

636-937-8333

**Congregate Menu**

2024

Monday		Tuesday		Wednesday		Thursday		Friday	
The suggested donation for all senior meals is \$5.00 All donations are appreciated!		<b>Please remember to make your lunch reservations 24 hours in advance</b>		1	BBQ Burgers on Texas Toast Baked Potatoes Green Beans Fruit Cocktail	2	Shrimp Po Boy Cauliflower Peas Mixed Berries Hoagie Roll	3	Chef Salad Mandarin Oranges Wheat Crackers Pineapple Upside-Down Cake Fig Bar ❄️ COLD LUNCH ❄️
6	Pork Carnitas Fiesta Corn Pinto Beans Pineapple Nut Salad Spanish Rice Tortilla Chips	7	Lemon Pepper Fish Parmesan Tomatoes Baked Okra Fruit and Yogurt Parfait Hushpuppies Rice Pilaf	8	Mostaccioli Green Beans Side Salad Cinnamon Apples Breadstick Peanut Butter Cookie	9	Chicken Salad on Wheat Bun Fresh Veggies w/Ranch Potato Salad Raisins  ❄️ COLD LUNCH ❄️	10	Stuffed Peppers Succotash Peach Crisp Macaroni Salad
13	Stuffed Pasta Creamed Spinach Blushing Pears Garlic Bread	14	Bratwurst with Sauerkraut Baked Beans Tuscan Vegetables Tropical Fruit Salad Wheat Bun	15	Cheesy Ranch Chicken Mashed Potatoes Corn Fresh Apple Dinner Roll Brownie	16	Swedish Meatballs Vegetable Variety Black Eyed Peas Fruit Cup Egg Noodles Wheat Bread	17	Italian Salad Mango Wheat Crackers Breakfast Bar  ❄️ COLD LUNCH ❄️
20	Chicken & Dumplings Green Beans Candied Yams Blueberries Peanut Butter Crackers	21	Beef Roast Mashed Potatoes Corn Applesauce Dinner Roll Cookie	22	Crab Cakes Tomatoes & Zucchini Lima Beans Banana Pudding Hushpuppies Vanilla Wafers	23	Teriyaki Chicken Stir Fry Pineapple Orange-Coconut Dessert Fried Rice Egg Roll	24	Egg Frittata O'Brien Potatoes Spiced Peaches Fruit Juice Biscuit Granola Bar
27		28	Chicken Broccoli Alfredo Carrots Stewed Apples and Raisins Breadstick	29	Beef Tips with Mushroom Gravy Buttered Potatoes Tuscan Vegetables Strawberries Rice Graham Crackers	30	Chicken Cacciatore Spinach (6 oz) Cherry Cobbler Spaghetti Noodles Garlic Bread	31	Tuna Salad Three Bean Salad Coleslaw Fruit & Yogurt Parfait Wheat Bread (2 pcs)  ❄️ COLD LUNCH ❄️

Daily Menus May Change Without Notice