

May		Aging Ahead Sullivan Senior Center Menu			2024	
Monday		Tuesday	Wednesday	Thursday	Friday	
LUNCH RESERVATION REQUIRED 573-468-3766 SUGGESTED DONATION IS \$5		Visit our website at agingahead.org to Register for CHOICE Programs or call Jean at 636-207-4227	1 BBQ BURGERS POTATO WEDGES GREEN BEAN CASSEROLE TROPICAL FRUIT TEXAS TOAST MILK, TEA, LEMONADE & COFFEE	2 BUTTERFLIED SHRIMP STEWED TOMATOES SNAP PEAS SPICED PEARS WHEAT ROLL GRANOLA BAR MILK, TEA, LEMONADE & COFFEE	3 ITALIAN SALAD APPLESAUCE WHEAT CRACKERS MUFFIN MILK, TEA, LEMONADE & COFFEE	
6 STUFFED PEPPER CASSEROLE SUCCOTASH JELLO WITH FRUIT TORTILLA CHIPS MILK, TEA, LEMONADE & COFFEE		7 CHEESE RAVIOLI CREAMED SPINACH BLUSHING PEARS BREAD STICK MILK, TEA, LEMONADE & COFFEE	8 BAKED TERIYAKI CHICKEN STIR FRY VEGETABLES PEAS DREAMSICLE DESSERT FRIED RICE EGG ROLL MILK, TEA, LEMONADE & COFFEE	9 BEER BATTERED COD TOMATO & ZUCCHINI CORN PINEAPPLE SALAD HUSH PUPPIES MUFFIN MILK, TEA, LEMONADE & COFFEE	10 BBQ PORK RIBLET BUTTERNUT SQUASH CURLY FRIES BANANA WHEAT BUN MILK, TEA, LEMONADE & COFFEE	
13 CHICKEN BROCCOLI ALFREDO ITALIAN VEGETABLES TROPICAL FRUIT CUP GARLIC BREAD MILK, TEA, LEMONADE & COFFEE		14 LEMON PEPPER FISH GARLIC BUTTER NOODLES PEAS CARROTS CINNAMON APPLES FIG BAR MILK, TEA, LEMONADE & COFFEE	15 TURKEY CLUB WRAP FRESH VEGGIES CUCUMBER SALAD ORANGE MILK, TEA, LEMONADE & COFFEE	16 BEEF TIPS W/MUSHROOM MASHED POTATOES & GRAVY ROASTED ZUCCHINI MIXED BERRIES BROWNIE DINNER ROLL MILK, TEA, LEMONADE & COFFEE	17 SPRING HAY RIDE & GAMES SUPP.COMM. PROVIDING: HOT DOGS CHIPS TEA & LEMONADE MILK, TEA, LEMONADE & COFFEE	
20 SEASONED BAKED CHICKEN GREEN BEANS GLAZED CARROTS FRUIT COCKTAIL MACARONI & CHEESE WHEAT ROLL MILK, TEA, LEMONADE & COFFEE		21 BRATWURST W/GRILLED PEPPERS & ONIONS BAKED BEANS CURLY FRIES PEACHES HOT DOG BUN MILK, TEA, LEMONADE & COFFEE	22 SWEDISH MEATBALLS CALIFORNIA BLEND VEG. BLACK EYED PEAS BANANA EGG NOODLES WHITE BREAD MILK, TEA, LEMONADE & COFFEE	23 PORK TENDERLOIN BRUSSEL SPROUTS YELLOW SQUASH STRAWBERRY ANGEL FOOD CORN BREAD MILK, TEA, LEMONADE & COFFEE	24 SWEET POTATO CASSEROLE ORANGE SPICED PEARS WHEAT BREAD CEREAL MILK, TEA, LEMONADE & COFFEE	
27 CLOSED MEMORIAL DAY		28 BEEF HOT DOG FRIES MIXED VEGETABLES MANDARIN ORANGES HOT DOG BUN MUFFIN MILK, TEA, LEMONADE & COFFEE	29 MEATLOAF AU GRATIN POTATOES STEAMED BROCCOLI STRAWBERRIES WHEAT ROLL CEREAL BAR MILK, TEA, LEMONADE & COFFEE	30 CHICKEN CACCIATORI SAUTEED SPINACH ORANGE JELLO W/FRUIT GARLIC BREAD MILK, TEA, LEMONADE & COFFEE	31 HAM & BEANS MIXED VEGETABLES BLACKBERRIES CORN BREAD COOKIE MILK, TEA, LEMONADE & COFFEE	