	Aging Ahead - Quad Cities 636-837-9333			2025
June				
	Congregate Menu			
Monday	Tuesday	Wednesday	Thursday	Friday
2 Cheeseburger on Bun Roasted Potatoes Baked Beans Berry Fluff	Italian Sandwich on Wheat Bread Coleslaw Fresh Veggies Fruit Juice	4 Breaded Fish Lima Beans Vegetable Variety Peaches Hushpuppies Breakfast Bar	Roast Beef and Cheese on Wheat Bread Potato Salad Fresh Veggies Fresh Fruit	Seasoned Baked Chicken Green Beans Cauliflower Tropical Fruit Cup Teddy Grahams Dinner Roll
9 Seasoned Baked Fish Lemon Pasta Brussel Sprouts Vegetable Variety Pineapple Hushpuppies	10 Caesar Salad Applesauce Fig Bar Crackers V8 Juice	Taco Casserole Corn Fruit Crisp Sunchips Tortillas	12 Italian Salad Fruit Cup Crackers Breakfast Bar	Beef Roast Mashed Potatoes Green Beans Mandarin Oranges Dinner Roll Fig Bar
Chicken Cordon Bleu Casserole Brussel Sprouts Sweet Potatoes Fresh Fruit Cookie	17 Chicken Salad on Wheat Bread Side Salad Coleslaw Peaches	Spaghetti with Meat Sauce Vegetable Variety Fruit Cobbler Dinner Roll	JUNETEENTH	Tuna Salad on Wheat Bun Fresh Veggies w/Ranch Potato Salad Fresh Fruit
23 Chicken Alfredo Broccoli Carrots Strawberries Dinner Roll	Ham & Cheese on Wheat Bread Coleslaw Fresh Veggies w/Ranch Fruit Cup	Cheesy Ranch Chicken Mashed Potatoes w/gravy Corn Peaches Dinner Roll Brownie	Turkey & Cheese on Wheat Bread Potato Salad Side Salad Fruit Juice	Shepherd's Pie Vegetable Variety Jello with Fruit Mac & Cheese Peanut Butter Crackers
30 Country Fried Steak Scalloped Potatoes Green Beans Granola Bar Dinner Roll Fresh Fruit		Happy FATHER'S Daily Menus May Change Without Notice		The suggested donation for all senior meals is \$5.00 All donations are appreciated!