


December

**Aging Ahead - Quad Cities**

636-937-8333

**Congregate Menu**

2024

Monday		Tuesday		Wednesday		Thursday		Friday	
2	Favorite Fish Cream Corn Sauteed Cabbage Pineapple Tidbits Mac & Cheese Cookie	3	Pizza Casserole Lima Beans Fruit & Yogurt Parfait Garlic Bread	4	Baked Teriyaki Chicken Stir Fry Blend Asparagus Mango Whole Grain Bread Egg Roll	5	Cheese Pasta Roasted Root Vegetables Jello with Fruit Garlic Breadstick	6	Vegetarian Taco Skillet Cherry Surprise! Carrots Breakfast Bar Spanish Rice
9	Chicken & Dumplings Black Eyed Peas Brussel Sprouts Sliced Apples Whole Grain Bread	10	Beer Battered Cod Coleslaw Vegetable Variety Strawberries Rice Pilaf Hushpuppies	11	Stuffed Peppers Refried Beans Fruit Crisp Tortilla Chips Fig Bar	12	Sour Cream & Onion Chicken Pacific Blend Vegetables Cheesy Broccoli Mandarin Oranges Dinner Roll Goldfish	13	Country Fried Steak with Gravy Tomatoes & Zucchini Cauliflower Stewed Apples & Raisins Whole Grain Bread Graham Crackers
16	Chicken Pot Pie Creamed Spinach Diced Pears Biscuit Muffin	17	Cheeseburger on Wheat Bun Baked Potato Baked Beans Apple	18	Seasoned Baked Chicken Roasted Chickpeas Parmesan Tomatoes Mandarin Orange Coconut Dessert Sun Chips Breakfast Bar	19	Beef Roast Mashed Potatoes w/gravy Green Beans Fruit cup Dinner Roll Muffin Pumpkin Bar	20	Ham & Beans Stewed Tomatoes Banana Pudding Cornbread Vanilla Wafers
23	Salisbury Steak with Mushroom Gravy Harvard Beets Carrots Pineapple Dinner Roll Granola Bar	24	Cheesy Ranch Chicken Mashed Potatoes w/gravy Corn Peaches Biscuit Brownie	25	 <p><b>HAPPY HOLIDAYS</b></p>	26	Turkey & Cheese on Whole Grain Bread Cucumber Salad Coleslaw Applesauce	27	Crab Cakes Beet Salad Roasted Potatoes Fruit Juice Hushpuppies Graham Crackers
30	Cheese Manicotti Key Largo Vegetables Tropical Fruit Salad Breadstick	31	Chef Salad Mandarin Oranges Greek Pasta Salad Cookie						The suggested donation for all senior meals is \$5.00 All donations are appreciated!

Daily Menus May Change Without Notice