

March

Aging Ahead - Quad Cities

636-937-8333

Congregate Menu

2025

Monday		Tuesday		Wednesday		Thursday		Friday	
3	Beef Stroganoff Au Gratin Potatoes Green Beans Pineapple Tidbits Peanut Butter Crackers	4	Chicken Jambalaya Mardi Gras Corn Red Beans Bananas Foster Hushpuppies	5	Crab Cakes Side Salad Spinach Stewed Apples & Raisins Cinnamon Roll Lemon Pasta	6	Loaded Chili Baked Potatoes Cherry Cobbler Cornbread Muffin	7	Pollock Fish Sticks Stewed Tomatoes Carrot Sticks & Ranch Pears Mac & Cheese Cookie
10	Cajun Pasta w/Chicken Peas Winter Green Salad Sliced Apples Garlic Bread	11	Country Fried Steak Mashed Potatoes Vegetable Variety Grape Salad Dinner Roll Granola Bar	12	Hot Ham & Cheese on Wheat Bread Coleslaw Broccoli and Cauliflower Peach Crisp	13	Corned Beef Cabbage Roasted Potatoes Apple Rye Bread Shamrock Cake	14	Cheese Manicotti Brussel Sprouts Ambrosia Salad Breadstick S'mores Pie
17	Southwest Omelette Roasted Potatoes Fruit Juice Spiced Pears Donut Holes Breakfast Bar	18	Cheesy Ranch Chicken Mashed Potatoes w/gravy Corn Peach Fruit Fluff Biscuit Brownie	19	Italian Salad Fruit Cup Fig Bar Crackers	20	Walking Taco Black Beans Roasted White Corn Mixed Berries Sunchips Spanish Rice	21	Tuna Noodle Casserole Carrots Parmesan Tomatoes Mango Breadstick
24	Chicken Parmesan Key Largo Vegetables Mandarin Oranges Spaghetti Noodles Garlic Bread	25	Lemon Herb Pork Loin Lima Beans Roasted Root Vegetables Applesauce Dinner Roll Graham Crackers	26	Mushrooms Swiss Burger Peas Carrots Orange Dreamsicle Dessert Wheat Bun	27	Smothered Chicken Cheesy Potato Casserole Vegetable Variety Tangerine Herbed Rice Pilaf Teddy Grahams	28	Fish Sandwich Tomatoes & Zucchini Black Eyed Peas Fruit Cup Wheat Bun
31	Pulled Pork on Wheat Bun Cauliflower Baked Beans Pineapple			<p>Please remember to make your lunch reservation by noon the business day prior.</p>		 <p>Happy St. Patrick's Day.</p>		<p>The suggested donation for all senior meals is \$5.00 All donations are appreciated!</p>	

Daily Menus May Change Without Notice