

June

Aging Ahead - House Springs

636-677-4578

2018

Congregate Menu

Monday

Tuesday

Wednesday

Thursday

Friday

The suggested donation for all senior meals is \$4.00
All donations are appreciated!

1 Chicken Tetrzzini
Catalina Vegetables
Zucchini & Tomatoes
Fruit Cocktail
Garlic Bread

4 Bratwurst w/ Sauerkraut
Mashed Potatoes
Sugar Snap Peas
Applesauce
Wheat Bun

5 Lemon Baked Fish
w/ Rice
Stewed Tomatoes
Tuscan Vegetables
Fruit Fluff
Wheat Bread

6 Sweet & Sour Meatballs
Buttered Noodles
Italian Vegetables
Brussels Sprouts
Fresh Fruit
Wheat Bread

7 BBQ Chicken
Green Beans
California Vegetables
Fruit Ambrosia
Dinner Roll
Yellow Cake w/
Whipped Topping

8 Chicken & Broccoli
Alfredo
Sliced Carrots
Baby Lima Beans
Pineapple Tidbits
Garlic Bread

11 Gold'N Spiced Chicken
Au Gratin Potatoes
Scandinavian Vegetables
Strawberry Applesauce
Wheat Bread
Vanilla Wafers

12 Mac N' Cheese w/
Diced Ham
Peas w/ Pimentos
Steamed Carrots
Grapes
Cornbread

13 Country Fried Steak
w/ Onions & Gravy
Baked Potato
Capri Vegetables
Fresh Fruit
Dinner Roll

14 Open Faced Roast Beef
Roasted Broccoli
Herb Roasted Potatoes
Pears
Whole Grain Cookie

15 Green Pepper Casserole
w/ Brown Rice
Green Beans
Cream Corn
Dinner Roll
Watergate Salad

18 BBQ Pork Riblet
Tater Tots
Carrots
Fresh Fruit
Wheat Bun
Whole Grain Muffin

19 Meatloaf w/ Gravy
Cauliflower w/ Cheese
Sauce
Mashed Potatoes
Apricots
Wheat Bread
Whole Grain Bar

20 Chicken Cacciatore
w/ Penne Pasta
Brussels Sprouts
Italian Salad
Stewed Apples & Raisins
Garlic Bread

21 Turkey & Swiss Sandwich
w/ Lettuce, Tomato,
Pickles & Onion
Cucumber & Tomato Salad
Fruit

22 Cheesy Ranch Chicken
Rice Pilaf
Mixed Vegetables
Broccoli
Peaches
Wheat Bread

25 Herb Crusted Fish
Mac & Cheese
Green Peas
Stewed Tomatoes
Fresh Fruit
Dinner Roll

26 Oven-Fried Chicken
Mashed Potatoes w/ Gravy
Creamed Spinach
Blushing Pears
Cornbread
Whole Grain Cookie

27 Sloppy Joe
Tater Tots
Mixed Vegetables
Pineapple
Wheat Bun

28 Beef Hot Dog
Seasoned Fries
Baked Beans
Fresh Grapes
Wheat Bun

29 Salisbury Steak w/ Gravy
Garlic Red Potatoes
Broccoli w/ Cheese Sauce
Mandarin Oranges
Wheat Bread
Chocolate Cake w/
Whipped Topping

Daily Menus May Change Without Notice