

September 2021

MENU



provided by Aging Ahead, Jewish Federation of St. Louis and Friends of Crown Center

Funding for program

				Center
Monday	Tuesday	Wednesday	Thursday	Friday
30	31	1	2 Meal Delivery	3
		Salisbury Steak	Loaded Baked Potato	Egg Salad Sandwich
		Mashed Potatoes	Vegetarian Chili	Deli Salad
		Green Beans	Tossed Salad	Soup
		Pears	Grapes	Fresh Fruit
			Biscuit	Pudding Cup
6 Meal Delivery	7	8	9 Meal Delivery	10
Spaghetti & meat sauce	Honey Glazed Salmon	Chicken Paprikash	Bagel & Lox Spread	Tuna Salad Sandwich
Italian Salad	Sweet Noodle Kugel	Buttered Noodles	Blintz Souffle	Side Deli Salad
Green Beans	Green beans	Roasted Vegetables	Tomato, Cucumber,Onior	Soup
Fresh Fruit	Fresh fruit	Split Pea Soup	Fresh Fruit	Fresh Fruit
	Whole wheat roll	Fresh Fruit		Pudding Cup
13 Meal Delivery	14	15 Meal Delivery	16	17
Hot Dog	Vegetable Lasagna	Beef Stew	Lemon-Garlic Salmon Pasta	Egg salad Sandwich
Potato Salad	Broccoli and Cheese Salad	Green Beans	Mushroom Barley Soup	Garden Salad
Baked Beans	Soup	Pineapple	Sweet Peas	Soup
Mixed Fruit	Banana	Cornbread	Peaches	Fresh Fruit
20 Meal Delivery	21	22	23 Meal Delivery	24
Breaded Fish	Circle at Crown Salad	Meatloaf	Chicken Florentine	Tuna Salad Sandwich
Baked Potato	Soup of the day	Mashed Potatoes	Rice	Side Deli Salad
Street corn	Hummus	Roasted Zucchini	Green beans & Roasted pepper	Soup
Vegetable Soup	Fresh Fruit	Peach Cobbler	Fresh Fruit	Fresh Fruit
Pears	Pita bread			Pudding Cup
27 Meal Delivery	28	29	30 Meal Delivery	1
BBQ Chicken	Southwest Wrap	Chicken Schnitzel	Grilled Salmon	Egg salad Sandwich
New Potatoes	Black Bean Soup	Lentil Soup	Minestrone Soup	Garden Salad
3 Bean Salad	Banana	Rice Pilaf	Broccoli	Soup
Pears		Cinnamon Baked Apple	Peaches	Fresh Fruit
Δ	Notes			

Notes

A previous version of the menu was published with a different menu item for 9 September (Bagel and Lox are substituted for Stuffed Peppers). Sorry for the confusion.