



# October 2021



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

## MENU

Monday	Tuesday	Wednesday	Thursday	Friday
27	28	29	30 Meal Delivery	1 Egg Salad Sandwich Deli Salad Soup Fresh Fruit Pudding Cup
4 Meal Delivery Spaghetti & meat sauce Italian Salad Green Beans Fresh Fruit	5 Bagel & Lox Spread Tomato, Cucumber, Onion Fresh Fruit	6 Chicken Paprikash Buttered Noodles Roasted Vegetables Split Pea Soup Fresh Fruit	7 Meal Delivery Stuffed Peppers Rice Pilaf Carrots Fresh Fruit	8 Tuna Salad Sandwich Side Deli Salad Soup Fresh Fruit Pudding Cup
11 Meal Delivery Chili Dog Potato Salad Baked Beans Mixed Fruit	12 Vegetable Lasagna Broccoli Green Beans Soup of the Day Fresh Fruit	13 Beef Stew Fresh Fruit Cornbread	14 Meal Delivery Lemon-Garlic Salmon Pasta Mushroom Barley Soup Broccoli Fresh Fruit	15 Egg salad Sandwich Garden Salad Soup Fresh Fruit
18 Meal Delivery Breaded Fish Street Corn Vegetable Soup Fresh Fruit Cornbread	19 Impossible Shepherd's Pie Mashed Potatoes Fresh Fruit Biscuit	20 Meatloaf Roasted Potatoes Roasted Zucchini Apple Cobbler	21 Meal Delivery Chicken Florentine Rice & Bean Medley Green Beans & Roasted Peppers Fresh Fruit	22 Tuna Salad Sandwich Side Deli Salad Soup Fresh Fruit Pudding Cup
25 Meal Delivery Chicken and Noodles Corn Sweet Peas Fresh Fruit	26 Grilled Salmon Broccoli Cauliflower Medley Minestrone Soup	27 Chicken Schnitzel Lentil Soup Roasted Potatoes Cinnamon Baked Apple	28 Meal Delivery Turkey Pot Pie Mixed Vegetables Marinated Tomato Salad Fresh Fruit	29 Egg salad Sandwich Garden Salad Soup Fresh Fruit

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