


Monday	Tuesday	Wednesday	Thursday	Friday
<p>For your safety, if you cannot eat all of your meal or if you are not ready to eat your meal, REFRIGERATE IT RIGHT AWAY! Do not leave it sitting out. Please be safe. Each meal served with milk</p>	<p>Suggested Donation \$3.75</p>	<p> HAPPY SUMMER!</p>	<p>01. Baked Meatloaf Carrots & chives Whole wheat bread Chilled peaches Fresh Melon</p>	<p>02. Potato Crusted Fish Filet Au Grain potatoes Peas Whole wheat bread Applesauce</p>
<p>05. Meatball marina sub Potatoes Green beans Wheat French roll Whole orange</p>	<p>06. Salisbury Steak Mashed Potatoes Cabbage & carrots Multi grain bread Mixed fruit Oat meal cookie</p>	<p>07. Roasted Turkey Breast Wheat bread Lettuce & tomato Pea salad Pineapple</p>	<p>08. Lemon Basil Chicken Garden vegetables Corn & Black Beans Multi Grain dinner roll Apple sauce</p>	<p>09. Veal Parmesan Penne Pasta Marinara sauce Broccoli What bread Fresh melon</p>
<p>12. Chicken ala Orange Vegetable rice Northern beans Bran muffin Bread Chilled peaches</p>	<p>13. Beef w/mushrooms & onions Oven Fries Corn Wheat French roll Whole apple</p>	<p>14. Classic Lasagna w/meat sauce Squash Green beans Whole wheat bread Chilled pears</p>	<p>15. Crab salad Mixed green salad w/tomatoes Dilled cucumbers Apple cinnamon muffin Fruit cup</p>	<p>16. Hot Dog Twice baked potato casse- role Peas & carrots Wheat Hot Dog Bun Banana</p>
<p>19. BBQ Riblet Sweet potato mashed Vegetables Wheat Sandwich Bun Strawberry yogurt</p>	<p>20. Hamburger Bean casserole Wheat sandwich Bun Fruit cup Fresh melon</p>	<p>21. BLT Chicken Salad Mixed greens w/tomato wedges Tri Bean Salad Mandarin oranges</p>	<p>22. Spaghetti & meatball w/marinara sauce Vegetables Wheat Vienna bread Chilled pears</p>	<p>23. Herbed baked Chicken Mashed potatoes Green bean casserole Muffin Bread Whole Apple</p>
<p>26. Baked meatloaf Mashed potatoes Stewed tomatoes Whole wheat bread Whole Orange</p>	<p>27. Eggs w/ Biscuit And Gravy Diced Hash Browns Apple cobbler Juice Banana</p>	<p>28. Slow roasted beef Au gratin potatoes Carrots & chives Multi Grain dinner roll Mixed Fruit</p>	<p>29. Asian Glazed chicken Citrus brown rice Broccoli Multi Grain Bread Mandarin orange Jello Fortune cookie</p>	<p>30. Turkey Pasta salad W/shells Lettuce and tomato Tri bean salad</p>

Funds in whole or in part for this publication were provided through an ward from Age Option under title 111 of the older Americans Act as administered through the Illinois Department on Aging and federal administration on Aging. Community Nutrition Network does not discriminate in admission to programs or treatment of employment in programs or activities in compliance with the Illinois Human Rights Act; the U.S. Civil Rights Act; Section 504 of the Rehabilitation Act; the Age Discrimination Act the age Discrimination in Employment Act; and the U.S. and Illinois Con-stitutions. If you feel you have discriminated against, you have the tight to file a complaint. For information dial [1-800-252-8965](tel:1-800-252-8965) (Voice and TD

Menu subject to change due to availability of items. Funding in part is provided by Age Options.