

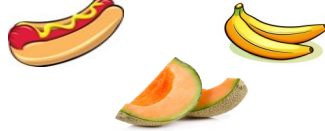
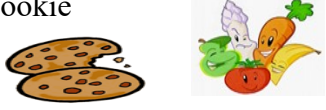




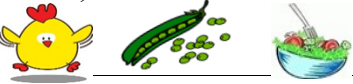



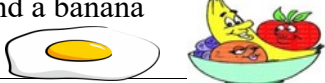







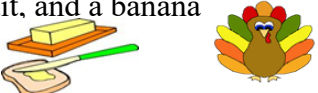




Monday	Tuesday	Wednesday	Thursday	Friday
<p>For your safety, if you cannot eat all of your meal or if you are not ready to eat your meal, <b><u>REFRIGERATE IT RIGHT AWAY!</u></b> Do not leave it sitting out. Please be safe.</p>	<p>1. Cheddar Broccoli chicken rice casserole, cauliflower, whole wheat roll w/butter, pea salad, and warm pear and cranberry crumble</p> 	<p>2. Salisbury steak, mashed potatoes w/ gravy, corn, multi grain dinner roll w/butter and pineapple tidbits</p> 	<p>3. Hotdog w/wheat hotdog bun, oven fries, bean casse- role, banana and fresh melon</p> 	<p>4. Classic lasagna w/meat sauce, Chef's choice veg- gie, broccoli, wheat bread w/butter and an oatmeal cookie</p> 
<p>7. Roast turkey w/gravy, baked sweet potatoes, mixed veggies, bread stuffing and Chef's fruit</p> 	<p>8. Spaghetti w/meatballs &amp; marinara, mixed salad greens, multi-grain bread w/butter, warm peach cob- bler and a fruit cup</p> 	<p>9. Hamburger w/wheat sand- wick bun, German potato sal- ad, green beans and applesauce</p> 	<p>10. Chicken Vesuvio, mashed potatoes, cauliflower &amp; red pepper, Wheat bread w/butter, mandarin oranges and Chef's choice</p> 	<p>11. Citrus Alaskan Pollock, veggie rice pilaf, country blend veggies, multi-grain bread w/butter, chick pea salad, and fresh melon</p> 
<p>14. Hot roast beef, mashed potatoes w/gravy, peas &amp; carrots, wheat bread w/butter and a fresh orange</p> 	<p>15. BBQ Riblet w/wheat sandwich bun, oven fries, black bean and corn, an ap- ple and Chef's choice</p> 	<p>16. Roasted turkey w/cheddar ale sauce, veggie rice pilaf, broccoli, biscuit, chef's choice fruit and an oatmeal raisin cookie</p> 	<p>17. <b>Breakfast</b> Western eggs, hash brown potatoes, maple glazed pears, raisin bread, cranberry juice and a banana</p> 	<p>18. Chicken parmesan, pen- ne pasta w/marinara sauce, squash medley, wheat Vi- enna bread/butter and chilled peaches</p> 
<p>21. Bavarian bratwurst, diced parslid potatoes, car- rots, rye bread w/butter and fresh melon</p> 	<p>22. Chicken Chardonnay, mashed potatoes, broccoli, multi-grain bread w/butter, fresh orange and chocolate pudding</p> 	<p>23. Texas chili, mac &amp; cheese, country blend veg- gies, multi-grain bread w/butter and a fruit cup</p> 	<p>24. Veal marsala, scalloped potatoes, stewed tomatoes, multi-grain bread w/butter, beet salad, and chilled pears</p> 	<p>25. Baked Pollock piccata, baked potato, California blend veggies, wheat bread w/butter and lemon mandarin pudding</p> 
<p>28. Slow roasted beef w/gravy, mashed potatoes, Brussel sprouts, multi-grain bread w/butter, chilled pears and a cookie</p> 	<p>29. Turkey pot roast w/gravy, baked potato, peas and carrots, multi-grain bread w/butter, chef's choice fruit, and a banana</p> 	<p>30. Spaghetti w/meatballs &amp; marinara, broccoli, wheat Vi- enna bread w/butter and chilled peaches</p> 	<p>31. Chicken tenders in coun- try gravy, bread stuffing, mashed sweet potatoes, Northern bean &amp; tomato medley, pea salad and an ap- ple</p> 	<p>Fat free or low fat milk with each meal</p> <p><b>Suggested Donation</b> <b>\$3.00</b></p>

Funds in whole or in part for this publication were provided through an award 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 right 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.