

















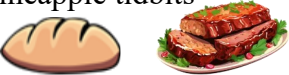






Monday	Tuesday	Wednesday	Thursday	Friday
<p>For your safety, if you cannot eat all of your meal or if you are not ready to eat your meal, <b>REFRIGERATE IT RIGHT AWAY!</b> Do not leave it sitting out. Please be safe.</p>	<p>Fat free or low fat milk with each meal</p> <p><b>Suggested Donation \$3.25</b></p>	<p>1. <b>CLOSED</b></p> 	<p>2. Chicken vesuvio, mashed potatoes, cauliflower &amp; red peppers, wheat bread, mandarin oranges</p> 	<p>3. Citrus Alaskan Pollack, vegetable rice pilaf, country blend vegetables, multi-grain dinner roll, chick pea salad, fresh melon</p> 
<p>6. Hot roast beef, mashed potatoes/gravy, peas and carrots, wheat bread, fresh orange</p> 	<p>7. BBQ Riblet, oven fries, black beans and corn, wheat sandwich bun, whole apple orange</p> 	<p>8. Roast turkey w/cheddar ale sauce, vegetable rice pilaf, broccoli, biscuit, chef's fruit choice, oatmeal raisin cookie</p> 	<p>9. <b>**BREAKFAST**</b> Western eggs, hash browned potatoes, maple glazed pears, raisin bread, cranberry juice &amp; banana</p> 	<p>10. Chicken breast parmesan, penne pasta/ marinara, squash medley, wheat Vienna, chilled peaches</p> 
<p>13. Bavarian bratwurst, diced parslid potatoes, carrots, rye bread &amp; fresh melon</p> 	<p>14. Chicken chardonnay, mashed potatoes, broccoli, multi grain bread, fresh orange, chocolate pudding</p> 	<p>15. Texas chili, mac &amp; cheese, country blend vegetable, multi grain bread, fruit cup</p> 	<p>16. Veal marsala, scalloped potatoes, stewed tomatoes, multi grain bread, chilled pears, beet salad</p> 	<p>17. Baked Pollock piccata, baked potato, California blend, wheat bread, lemon mandarin pudding</p> 
<p>20. <b>CLOSED</b></p> 	<p>21. Turkey pot roast/ gravy, baked potato, peas &amp; carrots, multi grain bread, banana</p> 	<p>22. Spaghetti &amp; meatball marinara, broccoli, wheat Vienna, chilled peaches</p> 	<p>23. Chicken tenders in country gravy, bread stuffing, sweet mashed potato, northern bean &amp; tomato medley, apple, pea salad</p> 	<p>24. Surimi crab salad, penne pasta, zucchini w/ red peppers and onions, chef's choice vegetable, multi grain dinner roll, fruit cup</p> 
<p>27. Baked meatloaf w/ country gravy, cauliflower mashed potatoes, mixed vegetables, whole wheat roll, pineapple tidbits</p> 	<p>28. BBQ pulled pork, oven fries, carrot raisin salad, wheat sandwich bun, warm apple crumble, chef's choice</p> 	<p>29. Miso glazed chicken thigh, scalloped potatoes, baked bean casserole, wheat bread, fruit Jell-O</p> 	<p>30. <b>** BREAKFAST **</b> Cheese omelet, hash browned potatoes, whole wheat biscuit, apple juice, fruit yogurt, fresh orange</p> 	<p>31. Swedish meatballs/ gravy, mashed potatoes, broccoli, multigrain bread, fresh melon</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 Constitutions. 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.

