



Oak Park & River Forest Townships Senior Lunch Program

April 2024 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
MEATBALL/MARINARA SUB SANDWICH POTATOES ITALIANO ITALIAN GREEN BEANS WHEAT FRENCH ROLL WHOLE ORANGE *Lean beef	SALISBURY STEAK/GRAVY MASHED POTATOES CORN MULTI-GRAIN DINNER ROLL PINEAPPLE TIDBITS *Beef	ROASTED TURKEY BREAST & WISCONSIN CHEDDAR WHEAT KAISER LETTUCE & TOMATO PEA SALAD PINEAPPLE TID BITS	LEMON BASIL CHICKEN GARDEN VEGETABLES CORN & BLACK BEANS MULTI - GRAIN DINNER ROLL APPLE SAUCE BANANA	VEAL PARMESAN PENNE PASTA W/ MARINARA SAUCE BROCCOLI WHEAT VIENNA BREAD FRESH MELON
8	9	10	11	12
CHICKEN ALA ORANGE VEGETABLE RICE PILAF NORTHERN BEANS BRAN MUFFIN BREAD CHILLED PEACHES	FRENCH DIP OF BEEF W/ MUSHROOMS & ONIONS OVEN FRIES CORN WHEAT FRENCH ROLL WHOLE APPLE CHEF CHOICE	CLASSIC LASAGNA W/ MEAT SAUCE SQUASH MEDLEY ITALIAN GREEN BEANS WHOLE WHEAT BREAD CHILLED PEARS *Beef	SURIMI CRAB SALAD MIXED SALAD GREENS W/ TOMATO WEDGES DILLED CUCUMBERS APPLE CINNAMON MUFFIN FRUIT CUP	HOT DOG TWICE BAKE POTATO CASSEROLE PEAS & CARROTS WHEAT HOT DOG BUN BANANA *Beef
15	16	17	18	19
		April BIRTHDAY CELEBRATIONS!		
BBQ RIBLET SWEET POTATO MASHED CHEF'S VEGETABLE WHEAT SANDWICH BUN STRAWBERRY YOGURT *Pork	HAMBURGER BEAN CASSEROLE MIXED VEGETABLE WHEAT SANDWICH BUN FRUIT SUNBURST FRESH MELON *Beef	BLT CHICKEN SALAD MIXED SALAD GREENS W/TOMATO WEDGES TRI-BEAN SALAD CORN BREAD MANDARIN ORANGES *no bacon	SPAGHETTI & MEATBALLS W/ MARINARA SAUCE CAPRI BLEND VEGETABLES WHEAT VIENNA BREAD CHILLED PEARS *Contains Beef	HERBED BAKED CHICKEN MASHED POTATOES/ GRAVY GREEN BEAN CASSEROLE BRAN MUFFIN BREAD WHOLE APPLE
22	23	24	25	26
BAKED MEATLOAF W/ COUNTRY GRAVY MASHED POTATOES STEWED TOMATOES	EGGS W/ BISCUIT & GRAVY DICED HASH BROWNS APPLE COBBLER	SLOW ROASTED BEEF AU GRATIN POTATOES CARROTS & CHIVES	ASIAN GLAZED CHICKEN CITRUS BROWN RICE BROCCOLI MULTI GRAIN BREAD	TURKEY PASTA SALAD W/SHELL RIGATE LETTUCE/ TOMATO TRI-BEAN SALAD



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WHOLE WHEAT BREAD WHOLE ORANGE *Contains Beef	JUICE BANANA	MULTI - GRAIN DINNER ROLL MIXED FRUIT	MANDARIN ORANGE JELLO FORTUNE COOKIE	WHOLE WHEAT BREAD PINEAPPLE TID BITS
29	30			
PRIME RIB OF PORK BAKED POTATO PARSLIED CAULIFLOWER RYE BREAD MIXED FRUIT	ITALIAN SAUSAGE/MARINARA SCALLOPED POTATOES BRUSSELS SPROUTS WHEAT SAUSAGE BUN JUICE FRESH MELON *Italian ground pork		NO LUNCH RESERVATION NEEDED FIRST COME, FIRST SERVED!	SUGGESTED DONATION (Age 60 +): \$1.50 Guests Welcome! Guest Fee (under age 60): \$8.50

Menu items are subject to change. All meals served with 2% or Skim Milk.
 Vegetarian Menu and Nutritional Analysis available upon request.

This program is funded in part by Age Options and Title III-C of the Older Americans Act.

Oak Park Township Senior Services does not discriminate in admission to programs or activities in compliance with the Illinois Human Rights Act, Section 504 of the Rehabilitation Act; the Americans with Disabilities Act; The Illinois and U.S. Constitutions. If you feel that you have been discriminated against, you have the right to file a complaint.

For information, call (800) 252-8966 (voice and TDD) or contact Senior Services at: (708) 383-8060.

Oak Park Township Senior Services, 130 S. Oak Park Avenue, Oak Park, (708) 383-8060
Senior Services Nutrition & Program Hotline: (708) 725-9129