





# JULY 2024 MENU

Oak Park & River Forest Township Senior Services 

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
CHICKEN ALA ORANGE VEGGIE RICE PILAF, NORTHERN BEANS, BRAN MUFFIN/BREAD, CHILLED PEACHES	FRENCH DIP OF BEEF W/ MUSHROOMS & ONIONS, OVEN FRIES, CORN,WHEAT ROLL, APPLE, CHEF CHOICE	CHICKEN SALAD ON CROISSANT W/CUCUMBER SALAD, LAYS CHIPS, FRESH APPLE AND JUICE	 Closed Independence Day Holiday 	BEEF HOT DOG BAKED POTATO CASSEROLE, PEAS & CARROTS, WHEAT BUN, BANANA
8	9	10	11	12
BBQ PORK RIBLET SWEET POTATO MASH, CHEF'S VEGETABLE, WHEAT BUN, STRAWBERRY YOGURT	BEEF HAMBURGER, BEAN CASSEROLE, MIXED VEGETABLE, WHEAT BUN, FRUIT SUNBURST FRESH MELON	CHICKEN SALAD, SALAD GREENS W/TOMATO WEDGES, TRI-BEAN SALAD, CORN BREAD, MANDARIN ORANGES	SPAGHETTI WITH BEEF MEATBALLS & MARINARA SAUCE, CAPRI BLEND VEGETABLES, WHEAT BREAD, PEARS	HERBED CHICKEN MASHED POTATOES/ GRAVY, GREEN BEAN CASSEROLE, BRAN MUFFIN/BREAD,APPLE
15	16	17	18	19
BAKED BEEF MEATLOAF W/ COUNTRY GRAVY, MASHED POTATOES, STEWED TOMATOES, WHEAT BREAD,ORANGE	EGGS W/ BISCUIT & GRAVY, DICED HASH BROWNS, APPLE COBBLER, JUICE, BANANA	SLOW ROASTED BEEF, AU GRATIN POTATOES, CARROTS & CHIVES, DINNER ROLL, MIXED FRUIT  <b>*July* BIRTHDAY CELEBRATIONS!</b>	ASIAN GLAZED CHICKEN, CITRUS BROWN RICE, BROCCOLI, MULTI GRAIN BREAD, MANDARIN ORANGE JELLO, FORTUNE COOKIE	TURKEY PASTA SALAD WITH LETTUCE/ TOMATO, TRI-BEAN SALAD, WHEAT BREAD, PINEAPPLE TID BITS
22	23	24	25	26
PRIME RIB OF PORK WITH BAKED POTATO, PARSLIED CAULIFLOWER, RYE BREAD, MIXED FRUIT	ITALIAN PORK SAUSAGE/MARINARA, WITH SCALLOPED POTATOES, BRUSSELS SPROUTS, WHEAT BUN, JUICE/FRESH MELON	BBQ PULLED CHICKEN, WITH CHEESY MASHED POTATO, BROCCOLI, WHEAT BUN, CHILLED PEARS	DILLED TUNA SALAD SANDWICH W/ LETTUCE & TOMATO, GARBANZO & KIDNEY BEAN W/ SLIVERED CARROTS & BALSAMIC, WHEAT ROLL, BANANA/ FRUIT CUP	CHICKEN MARBELLA, RICE FLORENTINE, COUNTRY BLEND, WHEAT BREAD, ORANGE
29	30	31		
PORK KIELBASA DILLED POTATOES BEAN CASSEROLE RYE BREAD FRUIT CUP	CHICKEN W/ GARDEN PASTA SALAD, SALAD GREENS, HERBED TOMATO WEDGES, BREAD PINEAPPLE TID BITS	EGGS LORRAINE POTATOES O'BRIEN, FRUIT CUP, BLUEBERRY MUFFIN, WHOLE ORANGE	NO LUNCH RESERVATION NEEDED FIRST COME, FIRST SERVED!  <b>Nutrition &amp; Program Hotline: (708) 725-9129</b>	SUGGESTED DONATION (Age 60 +): \$1.50  Guests Welcome for Fee (under age 60): \$8.50

Vegetarian Menu and Nutritional Analysis available upon request.

Senior Services Nutrition & Program Hotline: (708) 725-9129 JOIN US AT: 130 S. Oak Park Avenue in Oak Park  
CALL FOR MORE INFORMATION: (708) 383-8060