



Oak Park & River Forest Townships Senior Lunch Program

June 2024 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
SUGGESTED DONATION (Age 60 +): \$1.50 Guests Welcome! Guest Fee (under age 60): \$8.50		NO LUNCH RESERVATION NEEDED FIRST COME, FIRST SERVED!		
3	4	5	6	7
BAKED MEATLOAF W/ COUNTRY GRAVY MASHED POTATOES CARROTS & CHIVES WHOLE WHEAT BREAD CHILLED PEACHES FRESH MELON *Contains Beef	EGGS W/ BISCUIT & GRAVY DICED HASH BROWNS APPLE COBBLER JUICE BANANA	SLOW ROASTED BEEF AU GRATIN POTATOES CARROTS & CHIVES MULTI - GRAIN DINNER ROLL MIXED FRUIT	ASIAN GLAZED CHICKEN CITRUS BROWN RICE BROCCOLI MULTI GRAIN BREAD MANDARIN ORANGE JELLO FORTUNE COOKIE	TURKEY PASTA SALAD W/SHELL RIGATE LETTUCE/ TOMATO TRI-BEAN SALAD WHOLE WHEAT BREAD PINEAPPLE TID BITS
10	11	12	13	14
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	*JUNE* BIRTHDAY CELEBRATIONS!	DILLED TUNA SALAD SANDWICH LETTUCE AND TOMATO GARBANZO & KIDNEY BEAN W/ SLIVERED CARROTS BALSAMIC WHEAT KAISER BANANA FRUIT CUP	BBQ Celebration Hot Dogs Coleslaw Potato Salad Bakes Beans Watermelon Sundae Bar *beef
17	18	19	20	21
KIELBASA DILLED POTATOES BEAN CASSEROLE RYE BREAD FRUIT CUP	Juneteenth Celebration Smothered Baked Chicken Black Eyed Peas/Rice (VEG) Macaroni and Cheese Collard Greens Corn Bread	Closed	BAKED MEATLOAF W/ COUNTRY GRAVY MASHED POTATOES CARROTS & CHIVES WHOLE WHEAT BREAD CHILLED PEACHES	POTATO CRUSTED FISH FILET AU GRATIN POTATOES PEAS WHOLE WHEAT BREAD APPLESAUCE



Oak Park & River Forest Townships Senior Lunch Program June 2024 MENU

*low sodium Italian Pork	Sweet Potato Pie		FRESH MELON	
			*Contains Beef	
24	25	26	27	28
MEATBALL/MARINARA SUB SANDWICH POTATOES ITALIANO ITALIAN GREEN BEANS WHEAT FRENCH ROLL WHOLE ORANGE *Lean beef	SALISBURY STEAK MASHED POTATOES/ GRAVY CABBAGE & CARROTS MULTI-GRAIN BREAD MIXED FRUIT OATMEAL RAISIN	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

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