





# Oak Park & River Forest Townships Senior Lunch Program

## MAY 2023 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Dining Hours: Monday-Friday 11:00AM- 1:00PM</b>	<b>SUGGESTED DONATION (Age 60 +): \$1.50</b>	<b>Guests Welcome!</b> Guest Fee (under age 60): <b>\$8.50</b>	 <b>Celebrating Seniors</b>	<b>NO LUNCH RESERVATION NEEDED FIRST COME, FIRST SERVED!</b>
1	2	3	4	5
PRIME RIB OF PORK BAKED POTATO PARSLIED CAULIFLOWER RYE BREAD MIXED FRUIT	ITALIAN SAUSAGE* with <b>MARINARA SAUCE</b> SCALLOPED POTATOES BRUSSEL SPROUTS WHEAT BUN 100% JUICE  *contains pork	BBQ PULLED CHICKEN CHEESY MASHED POTATO BROCCOLI WHEAT SANDWICH BUN CHILLED PEARS	DILLED TUNA SANDWICH LETTUCE & TOMATO GARBANZO & KIDNEY BEAN SALAD SLIVERED CARROTS IN BALSAMIC BANANA	CHICKEN MARABELLA RICE FLORENTINE COUNTRY BLEND VEG WHOLE WHEAT BREAD ORANGE
8	9	10	11 <b>CELEBRATING SENIORS WEEK</b>	12
KIELBASA (Sausage)* DILLED BABY RED POTATOES BEAN CASSEROLE RYE BREAD FRUIT CUP  *contains low sodium pork	CHICKEN PASTA SALAD MIXED SALAD HERBED TOMATOES MULTI-GRAIN BREAD PINEAPPLE	SOUFFLE LORRAINE* POTATOES OBRIEN (red & green pepper, onion) FRUIT CUP BLUEBERRY MUFFIN BREAD ORANGE  *contains bacon, cheese	BAKED MEATLOAF* <b>W/COUNTRY GRAVY</b> MASHED POTATOES CHIVED CARROTS WHOLE WHEAT BREAD CHILLED PEACHES MELON  *contains beef	EGG SALAD SANDWICH LETTUCE & TOMATO BEET SALAD MULTI-GRAIN BREAD MELON
15 <b>*MAY* BIRTHDAYS CELEBRATION!</b>	16	17	18	19
MEATBALL* MARINARA <b>SUB SANDWICH</b> POTATOES ITALIANO ITALIAN GREEN BEANS WHEAT FRENCH ROLL ORANGE BIRTHDAY CUPCAKE *Lean Beef	SALISBURY STEAK MASHED POTATOES/GRAVY CABBAGE & CARROTS MULTI-GRAIN BREAD MIXED FRUIT OATMEAL RAISIN COOKIE	ROAST TURKEY BREAST W/ <b>WISCONSIN CHEDDAR SANDWICH</b> WHEAT KAISER ROLL LETTUCE/TOMATO PEA SALAD PINEAPPLE	CHICKEN & MINI DUMPLINGS GARDEN VEGGIES CORN & BLACK BEANS MULTI-GRAIN ROLL APPLESAUCE BANANA	SHAVED TURKEY <b>SANDWICH</b> LETTUCE & TOMATO POTATO SALAD WHOLE WHEAT BREAD MELON



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22	23	24	25	26
<b>CHICKEN A LA ORANGE</b> VEGGIE RICE PILAF BEAN SALAD WHEAT CRANBERRY BREAD HOT PEACH CRUMBLE	<b>FRENCH DIP* WITH MUSHROOMS &amp; ONIONS</b> OVEN FRIES CORN WHEAT FRENCH ROLL MELON  *Beef	<b>LASAGNA WITH MEAT* SAUCE</b> SQUASH MEDLEY ITALIAN GREEN BEANS WHOLE WHEAT BREAD CHILLED PEARS  *Beef	<b>SURIMI CRAB* SALAD</b> MIXED SALAD WITH TOMATO DILLED CUCUMBERS WHOLE WHEAT BREAD APPLE CRISP FRUIT CUP  *Imitation crab	<b>GRILLED CHICKEN SANDWICH</b> LETTUCE & TOMATO COLE SLAW WHOLE WHEAT BUN APPLESAUCE
<b>29 *CLOSED*</b>	<b>30</b>	<b>31</b>		
	<b>HAMBURGER*</b> WHITE BEAN CASSEROLE MIXED VEGETABLE WHEAT SANDWICH BUN MELON CHEF CHOICE FRUIT  *Beef	<b>CHICKEN SALAD</b> MIXED GREENS & TOMATOES TRI-BEAN SALAD MULTI-GRAIN BREAD MANDARIN ORANGES		

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**