



Oak Park & River Forest Townships Senior Lunch Program

May 2024 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3 CINCO DE MAYO FIESTA
SUGGESTED DONATION (Age 60 +): \$1.50 Guests Welcome! Guest Fee (under age 60): \$8.50	NO LUNCH RESERVATION NEEDED FIRST COME, FIRST SERVED!	BBQ PULLED CHICKEN CHEESY MASHED POTATO BROCCOLI WHEAT SANDWICH BUN CHILLED PEARS	DILLED TUNA SALAD SANDWICH LETTUCE AND TOMATO GARBANZO & KIDNEY BEAN W/ SLIVERED CARROTS BALSAMIC WHEAT KAISER BANANA FRUIT CUP	CHICKEN FAJITA TACO BLACK BEAN TACO (VEG) SPANISH RICE ELOTES FRESH FRUIT GUACAMOLE JUICE
6	7	8	9	10
KIELBASA DILLED POTATOES BEAN CASSEROLE RYE BREAD FRUIT CUP *low sodium Italian Pork	CHICKEN W/ GARDEN ROTINI PASTA SALAD MIXED SALAD GREENS HERBED TOMATO WEDGES MULTI-GRAIN BREAD PINEAPPLE TID BITS CHEF CHOICE	EGGS LORRAINE POTATOES O'BRIEN FRUIT CUP BLUEBERRY MUFFIN WHOLE ORANGE	BAKED MEATLOAF W/ COUNTRY GRAVY MASHED POTATOES CARROTS & CHIVES WHOLE WHEAT BREAD CHILLED PEACHES FRESH MELON *Contains Beef	POTATO CRUSTED FISH FILET AU GRATIN POTATOES PEAS WHOLE WHEAT BREAD APPLESAUCE
13	14	15 *MAY* BIRTHDAY CELEBRATIONS!	16	17
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 COOKIE *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
20	21	22	23	24
CHICKEN ALA ORANGE VEGETABLE RICE PILAF NORTHERN BEANS BRAN	FRENCH DIP OF BEEF W/ MUSHROOMS & ONIONS OVEN FRIES CORN	CLASSIC LASAGNA W/ MEAT SAUCE SQUASH MEDLEY ITALIAN GREEN BEANS	SURIMI CRAB SALAD MIXED SALAD GREENS W/ TOMATO WEDGES DILLED CUCUMBERS	HOT DOG TWICE BAKE POTATO CASSEROLE



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MUFFIN BREAD CHILLED PEACHES	WHEAT FRENCH ROLL WHOLE APPLE CHEF CHOICE	WHOLE WHEAT BREAD CHILLED PEARS	APPLE CINNAMON MUFFIN FRUIT CUP	PEAS & CARROTS WHEAT HOT DOG BUN BANANA *lean beef
27	28	29	30	31
PRIME RIB OF PORK BAKED POTATO PARSLIED CAULIFLOWER RYE BREAD MIXED FRUIT	HAMBURGER BEAN CASSEROLE MIXED VEGETABLE WHEAT SANDWICH BUN FRUIT SUNBURST FRESH MELON *lean 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

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