




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

Monday	Tuesday	Wednesday	Thursday	Friday
Dining Hours: Monday-Friday 11:00AM-1:00PM	SUGGESTED DONATION (Age 60 +): \$1.50	Guests Welcome! Guest Fee (under age 60): \$8.50		NO LUNCH RESERVATION NEEDED FIRST COME, FIRST SERVED!
			1	2
			BREAKFAST CHEESE OMELETTE HASH BROWNED POTATOES WHOLE WHEAT BISCUIT APPLE JUICE FRUIT YOGURT FRESH ORANGE	SWEDISH MEATBALLS/GRAVY MASHED POTATOES BROCCOLI MULTI GRAIN BREAD FRESH MELON
5	6	7	8	9
ROAST PORK & GRAVY AU GRATIN POTATOES PEAS & CARROTS WHEAT BREAD WHOLE APPLE	CHEDDAR BROCCOLI CHICKEN RICE CASSEROLE CAULIFLOWER WHOLE WHEAT ROLL WARM PEAR AND CRANBERRY CRUMBLE PEA SALAD	SALISBURY STEAK/GRAVY MASHED POTATOES CORN MULTI-GRAIN DINNER ROLL PINEAPPLE TIDBITS *Beef	HOT DOG OVEN FRIES BEAN CASSEROLE WHEAT HOT DOG BUN BANANA FRESH MELON *Lean Beef	SHAVED PORK W/ MEDITERRANEAN SAUCE SCALLOPED POTATOES BRUSSELS SPROUTS MULTI GRAIN BREAD APPLE SAUCE
12	13	14	15	16
ROAST TURKEY & GRAVY BAKED SWEET POTATOES MIXED VEGETABLES BREAD STUFFING CHEF'S FRUIT	SPAGHETTI & MEATBALL MARINARA MIXED SALAD GREENS MULTI GRAIN BREAD WARM PEACH COBBLER FRUIT CUP *meat sauce *Beef	CLASSIC LASAGNA W/ ALFREDO SAUCE BROCCOLI CHEF'S CHOICE VEGETABLE WHEAT BREAD OATMEAL RAISIN COOKIE *Beef	BAKED CHICKEN & GRAVY MASHED POTATOES CAULIFLOWER & RED PEPPERS WHEAT BREAD MANDARIN ORANGES CHEF'S CHOICE	CITRUS ALASKAN POLLOCK VEGETABLE RICE PILAF COUNTRY BLEND VEGETABLE MULTI GRAIN DINNER ROLL CHICKPEA SALAD FRESH MELON
19	20	21	22	23



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		February* BIRTHDAY CELEBRATIONS!		
 Closed 26	BBQ RIBLET OVEN FRIES BLACK BEANS & CORN WHEAT SANDWICH BUN WHOLE APPLE CHEF'S CHOICE *Pork 27	ROAST TURKEY W/CHEDDAR ALE SAUCE VEGETABLE RICE PILAF BROCCOLI BISCUIT CHEF'S FRUIT OATMEAL RAISIN COOKIE 28	WESTERN EGGS HASH BROWNEED POTATOES MAPLE GLAZED PEARS RAISIN BREAD CRANBERRY JUICE BANANA *Pork 29	EGGPLANT PARMESAN PENNE PASTA / MARINARA SQUASH MEDLEY WHEAT VIENNA CHILLED PEACHES
SLICED BAVARIAN STYLE BRATWURST DICED PARSLIED POTATOES CARROTS RYE BREAD FRESH MELON *Pork	CHICKEN CHARDONNAY MASHED POTATOES BROCCOLI MULTI GRAIN BREAD FRESH ORANGE CHOCOLATE PUDDING	TEXAS CHILI MAC & CHEESE COUNTRY BLEND VEGETABLE MULTI GRAIN BREAD FRUIT CUP *Beef	VEAL MARSALA SCALLOPED POTATOES STEWED TOMATOES MULTI GRAIN BREAD CHILLED PEARS BEET SALAD	

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**