



Oak Park & River Forest Townships Senior Lunch Program

MARCH 2023 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
Dining Hours: Monday-Friday 11:00AM-1:00PM	SUGGESTED DONATION: \$1.50 Guest Fee (under age 60): \$8.50	1	2	3
		TEXAS CHILI MAC & CHEESE COUNTRY BLEND VEG MULTI GRAIN BREAD FRUIT CUP	VEAL MARSALA SCALLOPED POTATOES STEWED TOMATOES MULTI GRAIN BREAD PEARS BEET SALAD	BAKED POLLOCK W/LEMON BUTTER SAUCE BAKED POTATO CALIFORNIA BLEND VEG WHEAT BREAD VANILLA MANDARIN PUDDING
6	7	8	9	10
SLOW ROASTED BEEF & GRAVY MASHED POTATOES BRUSSEL SPROUTS MULTI-GRAIN BREAD PEARS COOKIE	TURKEY POT ROAST & GRAVY BAKED POTATO PEAS & CARROTS MULTI GRAIN BREAD BANANA	SPAGHETTI & MEATBALLS IN MARINARA SAUCE BROCCOLI VIENNA WHEAT BREAD CHILLED PEACHES	CHICKEN TENDERS IN COUNTRY GRAVY BREAD STUFFING MASHED SWEET POTATO NORTHERN BEAN & TOMATO CRAN-APPLESAUCE PEA SALAD	SURIMI CRAB ALFREDO WITH PENNE PASTA ZUCCHINI, RED PEPPER & ONION MULTI-GRAIN DINNER ROLL FRUIT CUP
13	14	15	16	17
BAKED MEATLOAF W/COUNTRY GRAVY CAULIFLOWER MASHED POTATOES MIXED VEGETABLE WHOLE WHEAT ROLL PINEAPPLE	FISH SANDWICH OVEN FRIES CARROT RAISIN SALAD WHEAT SANDWICH BUN WARM PEACH CRUMBLE	BBQ CHICKEN SCALLOPED POTATO BAKED BEAN CASSEROLE WHOLE WHEAT BREAD FRUIT JELLO	IRISH STEW WHOLE IRISH POTATOES STEAMED CABBAGE DINNER ROLL LEPRECHAUN PISTACHIO PUDDING	CHEESE OMELETTE HASH BROWN POTATOES WHOLE WHEAT BISCUIT APPLE JUICE FRUIT YOGURT ORANGE
20	21	22	23	24
ROAST PORK & GRAVY, AU GRATIN POTATOES PEAS & CARROTS WHEAT BREAD APPLE	CHICKEN, BROCCOLI CHEDDAR RICE CASSEROLE CAULIFLOWER PEA SALAD WHOLE WHEAT ROLL PEAR & CRANBERRY CRUMBLE	SALISBURY STEAK & GRAVY MASHED POTATOES CORN MULTI-GRAIN ROLL PINEAPPLE	HOT DOG/WHEAT BUN OVEN FRIES BEAN CASSEROLE BANANA MELON	LASAGNA W/MARINARA SAUCE BROCCOLI CHEF'S CHOICE VEG WHEAT BREAD OATMEAL RAISIN COOKIE
27	28	29	30	31
ROAST TURKEY & GRAVY BAKED SWEET POTATO MIXED VEGETABLE BREAD STUFFING CHEF'S CHOICE FRUIT	SPAGHETTI & MEATBALLS IN MARINARA SAUCE MIXED GREEN SALAD MULTI GRAIN BREAD FRUIT CUP PEACH COBBLER	SHAVED PORK W/MEDITERRANEAN SAUCE SCALLOPED POTATOES BRUSSEL SPROUTS MULTI-GRAIN BREAD APPLESAUCE	CHEFS SALAD WITH TURKEY MIXED GREENS, TOMATO TRI-BEAN SALAD WHOLE GRAIN BREAD MANDARIN ORANGE	CITRUS ALASKAN POLLOCK VEGETABLE RICE PILAF COUNTRY BLEND VEG MULTI GRAIN ROLL CHICKPEA SALAD MELON

Menu items are subject to change. All meals served with 2% or Skim Milk.
This program is funded in part by Age Options and Title III-C of the Older Americans Act.