



# Oak Park Township Senior Lunch Program

## DECEMBER 2019

Dining Hours:  
Monday-Friday:  
11:00AM-1:00PM

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
<b>BAVARIAN BRATWURST;</b> PARSLIED POTATOES, CARROTS, RYE BREAD, FRESH MELON	<b>CHICKEN CHARDONNAY;</b> MASHED POTATOES, BROCCOLI, PINEAPPLE- ORANGE SALAD, APPLE BAR, BREAD	<b>TEXAS CHILI;</b> MAC & CHEESE, COUNTRY BLEND VEGGIES; FRUIT COCKTAIL, CORN BREAD	<b>CHEESEBURGER;</b> LETTUCE & TOMATO GARNISH, WILD RICE SOUP, FRESH MELON, COLESLAW, BUN	<b>POLLOCK FISH FILET, ALT:</b> <b>CHICKEN;</b> BAKED POTATO, CALIFORNIA VEGGIES, LEMON MANDARIN PUDDING, BREAD
9	10	11	12	13
<b>SLOW ROASTED BEEF W/ GRAVY;</b> MASHED POTATOES, BRUSSELS SPROUTS, PEARS, BREAD, COOKIE	<b>SPINACH, TURKEY, AND CHEDDAR ROLL UPS;</b> LETTUCE & TOMATO GARNISH, BEAN SOUP BANANA, MELON,	<b>SPAGHETTI &amp; MEATBALL MARINARA;</b> BROCCOLI, PEACHES, GARLIC BREAD	<b>CHICKEN TENDERS W/ COUNTRY GRAVY;</b> BREAD STUFFING, MASHED SWEET POTATOES, BEAN & TOMATO MEDLEY, CRAN APPLESAUCE, PEASALAD	<b>FISH; ALT: CHEESE RAVIOLI ALFREDO;</b> ZUCCHINI W/ RED PEPPERS & ONIONS, CHEF'S VEGGIES, FRUIT CUP, ROLL
16	17	18	19	20
<b>BAKED MEATLOAF W/ COUNTRY GRAVY;</b> MASHED POTATOES, STEWED TOMATOES, PINEAPPLE, ROLL	<b>FISH SANDWICH, ALT:</b> <b>CAPRESE PASTA SALAD;</b> ROMAINE & TOMATO GARNISH, SPLIT PEA SOUP, CHEF'S FRUIT, CARROT RAISIN SALAD, ROLL	<b>BBQ CHICKEN THIGH;</b> OVEN FRIES, GREEN BEANS & ONIONS, FRUIT JELLO, BREAD	<b>BROCCOLI QUICHE;</b> LETTUCE & TOMATO GARNISH, VEGETABLE GUMBO, FRUIT YOGURT, ORANGE, ROLL	<b><u>HOLIDAY MENU</u></b> <b>BAKED HAM W/ CRAN RAISIN SAUCE;</b> DICED POTATOES, MIXED VEGGIES, RYE BREAD, PIE
23	24	25	26	27
<b>PORK ROAST W/ CINNAMON APPLES, ALT:</b> <b>CHICKEN;</b> AU GRATIN POTATOES, CORN, BREAD, PUMPKIN BAR	<b><u>OAK PARK TOWNSHIP CLOSED</u></b> CHRISTMAS EVE HOLIDAY	<b><u>OAK PARK TOWNSHIP CLOSED</u></b> CHRISTMAS HOLIDAY	<b>HOT DOG;</b> OVEN FRIES, BEAN CASSEROLE, BANANA, FRESH MELON, WHEAT BUN	<b>FISH; ALT: CLASSIC LASAGNA W/ MEAT SAUCE;</b> BROCCOLI, CHEF'S VEGGIES, OATMEAL RAISIN COOKIE, BREAD
30	31			
<b>ROAST TURKEY W/ GRAVY;</b> BAKED SWEET POTATOES, MIXED VEGGIES, BREAD STUFFING, CHEF'S FRUIT	<b>SHAVED PORK W/ MEDITERRANEAN SAUCE, ALT: CHICKEN;</b> SCALLOPED POTATOES, BRUSSELS SPROUTS, APPLE SAUCE, FRUIT CUSTARD, BREAD		<b>SUGGESTED MEAL CONTRIBUTION: \$1.50</b>	This program is funded in part by Age Options and Title III-C of the Older Americans Act. Oak Park Township Senior Services, 130 S. Oak Park Avenue, Oak Park, IL, 60302. (708) 383-8060.

Menu items are subject to change. Diabetic meals will receive a substitute for dessert. All meals served with 1% or Skim Milk.

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.