



Oak Park Township Senior Lunch Program

MARCH 2020

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

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
ROASTED BEEF W/ GRAVY; MASHED POTATOES, BRUSSELS SPROUTS, PEARS, MULTI-GRAIN BREAD, COOKIE	SPINACH, CHEDDAR, & TURKEY ROLL UP; LETTUCE & TOMATO, BEAN SOUP, BANANA, MELON	SPAGHETTI & MEATBALL MARINARA; BROCCOLI, PEACHES, GARLIC BREAD	CHICKEN TENDERS W/ COUNTRY GRAVY; BREAD STUFFING, MASHED SWEET POTATOES, NORTHERN BEAN & TOMATO MEDLEY, CRAN APPLESAUCE, PEA SALAD	CHEESE RAVIOLI ALFREDO; ALT: FISH; ZUCCHINI W/RED PEPPERS, CHEF'S CHOICE VEGGIE, MULTI- GRAIN ROLL, FRUIT CUP
9	10	11	12	13
MEATLOAF W/ COUNTRY GRAVY; CAULIFLOWER MASHED POTATOES, STEWED TOMATOES, PINEAPPLE, WHEAT ROLL	FISH SANDWICH; ALT: CHICKEN CAPRESE PASTA SALAD ; ROMAINE & TOMATO, SPLIT PEA SOUP, CHEF'S FRUIT, CARROT RAISIN SALAD, FRENCH ROLL	BBQ CHICKEN THIGH; OVEN FRIES, GREEN BEANS & ONIONS, FRUIT JELLO, WHEAT BREAD	SWEDISH MEATBALLS W/GRAVY; MASHED POTATOES, BROCCOLI, MULTI-GRAIN BREAD, MELON	CHEESE OMELETTE; REFRIED BEANS, BISCUIT, APPLE JUICE, FRUIT YOGURT, ORANGE
16	17	18	19	20
PORK ROAST W/ CINNAMON APPLES; AU GRATIN POTATOES, CORN, PUMPKIN BAR, WHEAT BREAD	IRISH STEW W/ PEAS, ONIONS, & CELERY; IRISH POTATOES, STEAMED CABBAGE, ROLL, LEPRECHAUN PISTACIO PUDDING	SALISBURY STEAK W/GRAVY; MASHED POTATOES, BEETS, PINEAPPLE, MULTI- GRAIN ROLL	CHEF SALAD WRAP; LETTUCE & TOMATO, VEGETABLE LENTIL SOUP, MELON, BANANA, DINNER ROLL	CLASSIC LASAGNA W/MARINARA; ALT: FISH BROCCOLI, CHEF'S CHOICE VEGGIE, WHEAT BREAD, OATMEAL RAISIN COOKIE
23	24	25	26	27
ROAST TURKEY & GRAVY; BAKED SWEET POTATOES, MIXED VEGGIES, BREAD STUFFING, CHEF'S FRUIT	STUFFED GREEN PEPPER; LETTUCE & TOMATO, LUMBERJACK SOUP, MULTI- GRAIN BREAD, RANGER COOKIE, AMBROSIA FRUIT CUSTARD	SPAGHETTI & MEATBALL MARINARA; MIXED SALAD GREENS, PEACH COBBLER, WHEAT BREAD	CHICKEN PARMESAN SANDWICH; LETTUCE & TOMATO, CREAM OF BROCCOLI SOUP, TRI-BEAN SALAD, MANDARIN ORANGES, WHEAT ROLL	CITRUS ALASKAN POLLOCK, ALT: CHICKEN; VEGETABLE RICE PILAF, COUNTRY BLEND VEGGIES, MULTI- GRAIN ROLL, CHICK PEA SALAD, MELON
30	31			
ROAST BEEF; MASHED POTATOES W/ GRAVY, PEAS & CARROTS, ORANGE, WHEAT BREAD	BBQ RIBLET; OVEN FRIES, CORN & BLACK BEAN SALAD, CINNAMON APPLES, CHEF'S CHOICE, WHEAT BUN		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.	SUGGESTED MEAL CONTRIBUTION: \$1.50

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.