



# Oak Park & River Forest Townships Senior Lunch Program

## September 2023 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Dining Hours: Monday-Friday 11:00AM- 1:00PM</b>	<b>SUGGESTED DONATION (Age 60 +): \$1.50</b>	<b>Guests Welcome!</b> Guest Fee (under age 60): <b>\$8.50</b>	<b>NO LUNCH RESERVATION NEEDED FIRST COME, FIRST SERVED!</b>	<b>4</b> <b>TURKEY PASTA SALAD W/SHELL RIGATE LETTUCE/ TOMATO TRI-BEAN SALAD WHOLE WHEAT BREAD PINEAPPLE TID BITS</b>
<b>Oak Park River Forest Townships MEET-N-GREET MONTH! Watch for program details on the Activities/Program Flyer!</b>	<b>5</b> <b>ITALIAN SAUSAGE/MARINARA SCALLOPED POTATOES BRUSSELS SPROUTS WHEAT SAUSAGE BUN JUICE FRESH MELON *Italian ground pork</b>	<b>6</b> <b>BBQ PULLED CHICKEN CHEESY MASHED POTATO BROCCOLI WHEAT SANDWICH BUN CHILLED PEARS</b>	<b>7</b> <b>DILLED TUNA SALAD Sandwich LETTUCE AND TOMATO GARBANZO &amp; KIDNEY BEAN W/ SLIVERED CARROTS BALSAMIC WHEAT KAISER BANANA FRUIT CUP</b>	<b>8</b> <b>CHICKEN MARBELLA RICE FLORENTINE COUNTRY BLEND WHOLE WHEAT BREAD WHOLE ORANGE</b>
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
<b>KIELBASA DILLED BABY RED POTATOES BEAN CASSEROLE RYE BREAD FRUIT CUP  *low sodium Italian Pork</b>	<b>CHICKEN W/ GARDEN ROTINI PASTA SALAD MIXED SALAD GREENS HERBED TOMATO WEDGES MULTI-GRAIN BREAD PINEAPPLE TID BITS CHEF CHOICE</b>	<b>SOUFFLE LORRAINE POTATOES O'BRIEN FRUIT CUP BLUEBERRY MUFFIN BREAD WHOLE ORANGE</b>	<b>BAKED MEATLOAF* W/COUNTRY GRAVY MASHED POTATOES STEWED TOMATOES WHOLE WHEAT BREAD CHILLED PEACHES MELON  *contains beef</b>	<b>POTATO CRUSTED FISH FILET AU GRATIN POTATOES COLE SLAW WHOLE WHEAT BREAD HOT APPLESAUCE  *diced potatoes</b>
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<b>MEATBALL/MARINARA SUB SANDWICH POTATOES ITALIANO ITALIAN GREEN BEANS WHEAT FRENCH ROLL *lean beef patty marinara</b>	<b>SALISBURY STEAK MASHED POTATOES W/GRAVY CABBAGE &amp; CARROTS MULTI-GRAIN BREAD MIXED FRUIT</b>	<b>ROASTED TURKEY BREAST WITH WISCONSIN CHEDDAR WHEAT KAISER ROLL LETTUCE &amp; TOMATO PEA SALAD</b>	<b>CHICKEN &amp; MINI DUMPLINGS GARDEN VEGETABLES CORN &amp; BLACK BEANS MULTI-GRAIN DINNER ROLL APPLESAUCE BANANA</b>	<b>VEAL PARMESAN PENNE PASTA W/MARINARA SAUCE BROCCOLI VIENNA WHEAT BREAD MELON</b>



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25	26	27	28	29
<b>CHICKEN A LA ORANGE</b> VEGGIE RICE PILAF BEAN SALAD WHEAT CRANBERRY BREAD HOT PEACH CRUMBLE	<b>FRENCH DIP OF BEEF W/            MUSHROOMS &amp; ONIONS</b> OVEN FRIES CORN WHEAT FRENCH ROLL FRESH MELON CHEF CHOICE	<b>CLASSIC LASAGNA W/            MEAT SAUCE</b> SQUASH MEDLEY ITALIAN GREEN BEANS WHOLE WHEAT BREAD CHILLED PEARS	<b>SURIMI CRAB* SALAD</b> <b>MIXED SALAD WITH TOMATO</b> DILLED CUCUMBERS WHOLE WHEAT BREAD APPLE CRISP FRUIT CUP *Imitation crab	<b>HOT DOG* WITH            WHEAT BUN</b> TWICE BAKED POTATO CASSEROLE PEAS & CARROTS BANANA *Beef

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**