











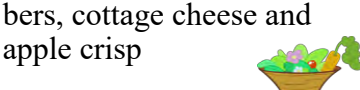












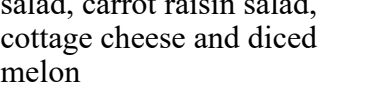

Monday

Tuesday

Wednesday

















Thursday

Friday

<p>1. Meatball marinara sub sammie w/wheat French roll, potatoes Italiano, Italian green beans, and an orange</p> 	<p>2. Salisbury steak w/gravy, mashed potatoes, cabbage and carrots, multi-grain bread w/butter, mixed fruit and Oatmeal raisin cookie</p> 	<p>3. Roasted turkey breast & Wisconsin cheddar w/lettuce & tomato w/wheat Kaiser, pea salad and pineapple tidbits</p> 	<p>4. Lemon basil chicken, garden veggies, corn & black beans, multi-grain dinner roll w/butter, apple sauce and banana</p> 	<p>5. Veal Parmesan w/penne pasta and marinara sauce, broccoli, wheat Vienna bread w/butter and fresh melon</p> 
<p>8. Chicken Ala Orange, veggie rice pilaf, northern beans, bran muffin bread w/butter and chilled peaches</p> 	<p>9. French dip of beef w/mushrooms & onions w/wheat French roll, oven fries, corn, and an apple</p> 	<p>10. Classic lasagna w/meat sauce, squash medley, Italian green beans, whole wheat bread w/butter and chilled pears</p> 	<p>11. Roast Beef w/beer cheese fondue on wheat sandwich bun, lumberjack soup, tossed garden salad, dilled cucumbers, cottage cheese and apple crisp</p> 	<p>12. Hot dog w/wheat bun, twice bake potato casserole, peas and carrots, and banana</p> 
<p>15. BBQ rib let w/wheat sandwich bun, sweet potato mashed potatoes, chef's veggies, and strawberry yogurt</p> 	<p>16. Cheeseburger w/wheat sandwich bun, tomato Florentine soup, tossed garden salad, macaroni salad, cottage cheese and fruit sunburst</p> 	<p>17. Blt chicken salad, mixed salad greens w/tomato wedges, 3 bean salad, corn bread and mandarin oranges</p> 	<p>18. Spaghetti & meatball w/marinara sauce, Capri blend veggies, wheat Vienna bread w/butter, and chilled pears</p> 	<p>19. Herbed baked chicken, mashed potatoes w/gravy, green bean casserole, bran muffin bread w/butter, and an apple</p> 
<p>22. Baked meatloaf w/country gravy, mashed potatoes, stewed tomatoes, whole wheat w/butter and an orange</p> 	<p>23. Grilled chicken salad w/bacon ranch dressing, garden veggie soup, tossed salad, wheat dinner roll w/butter, cottage cheese, banana and Chef choice</p> 	<p>24. Slow roasted beef, au gratin potatoes, carrots & chives, multi-grain dinner roll w/butter, and mixed fruit</p> 	<p>25. Asian glazed chicken, citrus brown rice, broccoli, multi-grain bread w/butter, mandarin orange Jell-O and a fortune cookie</p> 	<p>26. Turkey pasta salad w/shell rigate w/lettuce & tomato, 3 bean salad, whole wheat bread w/butter, and pineapple tidbits</p> 
<p>29. Prime rib of pork, baked potato, parselied cauliflower, rye bread w/butter, and mixed fruit</p> 	<p>30. Italian sausage w/marinara w/wheat bun, bean soup, tossed garden salad, carrot raisin salad, cottage cheese and diced melon</p> 		<p>Fat free or low fat milk with each meal</p> <p>Suggested Donation \$3.00</p>	<p>For your safety, if you cannot eat all of your meal or if you are not ready to eat your meal, REFRIGERATE IT RIGHT AWAY! Do not leave it sitting out. Please be safe. Each meal served with milk</p>

Funds in whole or in part for this publication were provided through an award from Age Option under title 111 of the older Americans Act as administered through the Illinois Department on Aging and federal administration on Aging. Community Nutrition Network does not discriminate in admission to programs or treatment of employment in programs or activities in compliance with the Illinois Human Rights Act; the U.S. Civil Rights Act; Section 504 of the Rehabilitation Act; the Age Discrimination Act the age Discrimination in Employment Act; and the U.S. and Illinois Constitutions. If you feel you have discriminated against, you have the right to file a complaint. For information dial [1-800-252-8965](tel:1-800-252-8965) (Voice and TD)

Menu subject to change due to availability of items. Funding in part is provided by Age Options.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1) 9 am- Lean & Mean club 10:00- Bingo 11:30- Lunch 12 pm- Bingo 1:00- Movie-choice/popcorn</p> <p>APRIL Fools Day! Who's going to fool you today??</p>	<p>2) 9 am- Pickle Ball 10:00- Bingo 11:30- Lunch 12 pm- Bingo 1:00- Puzzles</p> <p></p> <p>"Autism Awareness Day"- Wear blue</p>	<p>3) 9 am- Lean & Mean club 10:00- Bingo 11:30 Lunch 12 pm Bingo</p> <p>"Which famous actor has a birthday today?"</p>	<p>4) 9 am- Lean & Mean club 10:00- Bingo 11:30- Lunch 12 pm- Bingo 1:00- Uno</p> <p></p> <p>"International Carrot Day"- Wear orange</p>	<p>5) 9 am- Pickle Ball 10:00- Bingo 11:30- Lunch 12 pm- Bingo 1:00- Social</p> <p></p> <p>"National Walking Day"- Make sure to put your steps in</p>
<p>8) 9 am- Lean & Mean club 10:00- Bingo 11:30- Lunch 12 pm- Bingo 1:00- Movie-choice/popcorn</p> <p></p> <p>Did you know? Milk sold in glass bottles for first time in 1879.</p>	<p>9) 9 am- Pickle Ball 10:00- BINGO BONANZA 11:30- Lunch 12 pm- BINGO BONANZA 1:30- Brain games</p> <p>"National name yourself Day" Who do you want to be?</p>	<p>10) 9 am- Lean & Mean club 10:00- Bingo 11:30- Lunch 12 pm- Bingo</p> <p>"WACKY TACKY"</p>	<p>11) 9 am- Lean & Mean club 10:00- Bingo 11:30- Lunch 12 pm- Bingo 1:00- Cards</p> <p></p> <p>"Pet Day"- show love to a furry friend!</p>	<p>12) 9 am- Pickle Ball 10:00- Bingo 11:30- Lunch 12 pm- Bingo 1:00- Social</p> <p></p> <p>"National Licorice Day" Wear Red, Black or Brown</p>
<p>15) 9 am- Lean & Mean club 10:00- Bingo 11:30- Lunch 12 pm- Bingo 1:00- Movie-choice/popcorn</p> <p></p> <p>"National Laundry Day"- The thing we all love...</p>	<p>16) 9 am- Pickle Ball 10:00- Bingo 11:30- Lunch 12 pm- Bingo 1:00- UNO</p> <p>"Good Deeds Day" Do one today</p>	<p>17) 9 am- Lean & Mean club 10:00- Bingo 11:30- Lunch 12 pm- Bingo</p> <p></p> <p>"National Cheeseball day" What's your fav cheese?</p>	<p>18) 9 am- Lean & Mean club 10:00- RING, DING, SPRING - A-LING PARTY 11:30- Lunch 12 pm- Bingo 1:00- Trivia</p> <p></p> <p>"National exercise day"</p>	<p>19) 9 am- Pickle Ball 10:00- Bingo 11:30- Lunch 12 pm- Bingo 1:00- Social</p> <p></p> <p>"National Garlic Day" Are you a garlic lover?</p>
<p>22) 9 am- Lean & Mean club 10:00- Bingo 11:30- Lunch 12 pm- Bingo 1:00- Movie-choice/popcorn</p> <p></p> <p>"National Jelly Bean Day" Bring some in...</p>	<p>23) 9 am- Lean & Mean club 10:00- Bingo 11:30- Lunch 12 pm- Bingo 1:00- Word search</p> <p>Did you know? April is named for the Greek goddess of love, Aphrodite</p>	<p>24) 9 am- Lean & Mean club 10:00- BINGO BASH 11:30- Lunch 12 pm- BINGO BASH</p> <p>"National Pigs in a Blanket Day" Wear Pink</p>	<p>25) 9 am- Lean & Mean club 10:00- Bingo 11:30- Lunch 12 pm- Bingo 1:00- Word search</p> <p>"National Telephone Day" "HELLO MOTTO"</p>	<p>26) 9 am- Pickle Ball 10:00- Bingo 11:30- Lunch 12 pm- Bingo 1:00- Social</p> <p></p> <p>" National Pretzel Day"- Wear brown</p>
<p>29) 9 am- Lean & Mean club 10:00- Bingo 11:30- Lunch 12 pm- Bingo 1:00- Movie-choice/popcorn</p> <p>"What was the #1 song on this day in 1975?"</p>	<p>30) 9 am- Pickle Ball 10:00- Bingo 11:30- Lunch 12 pm- Bingo 1:00- LCR</p> <p></p> <p>"International Jazz Day" What's your fav hit??</p>	<p></p>	<p></p>	<p></p>