







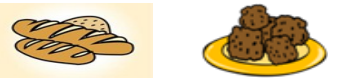
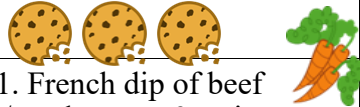

















Monday	Tuesday	Wednesday	Thursday	Friday
<p>For your safety, if you cannot eat all of your meal or if you are not ready to eat your meal, REFRIGERATE IT RIGHT AWAY! Do not leave it sitting out. Please be safe. Each meal served with milk low fat milk</p>	<p>Fat free or low fat milk with each meal</p> <p>Suggested Donation \$3.00</p>	<p>1. BBQ pulled chicken w/wheat sandwich bun, cheesy mashed potatoes, broccoli, and chilled pears</p> 	<p>2. Dilled tuna salad sandwich w/lettuce and tomato w/wheat Kaiser roll, garbanzo & kidney bean salad, slivered carrots balsamic, banana, and a fruit cup</p> 	<p>3. Chicken Marbella, rice Florentine, country blend veggie, whole wheat bread w/butter and an orange</p> 
<p>6. Kielbasa, dilled potatoes, bean casserole, rye bread w/butter, and a fruit cup</p> 	<p>7. Chicken w/garden rotini pasta salad, mixed salad greens, herbed tomato wedges, multi-grain bread w/butter, pineapple tid bits and chef's choice</p> 	<p>8. Eggs Lorraine, potatoes O'Brien, blueberry muffin, fruit cup and an orange</p> 	<p>9. Baked meatloaf w/country gravy, mashed potatoes, stewed tomatoes, whole wheat w/butter and an orange</p> 	<p>10. potato crusted fish filet, au gratin potatoes, peas, whole wheat bread w/butter, and applesauce</p> 
<p>13. Meatball marinara sub sammie w/wheat French roll, potatoes Italiano, Italian green beans, and an orange</p> 	<p>14. Salisbury steak w/gravy, mashed potatoes, cabbage and carrots, multi-grain bread w/butter, mixed fruit and Oatmeal raisin cookie</p> 	<p>15. Roasted turkey breast & Wisconsin cheddar w/lettuce & tomato w/wheat Kaiser, pea salad and pineapple tid-bits</p> 	<p>16. Lemon basil chicken, garden veggies, corn & black beans, multi-grain dinner roll w/butter, apple sauce and Banana</p> 	<p>17. Veal Parmesan w/penne pasta and marinara sauce broccoli, wheat Vienna bread w/butter and fresh melon</p> 
<p>20. Chicken Ala Orange, veggie rice pilaf, northern beans, bran muffin bread w/butter and chilled peaches</p> 	<p>21. French dip of beef w/mushrooms & onions w/wheat French roll, oven fries, corn, and an apple</p> 	<p>22. Classic lasagna w/meat sauce, squash medley, Italian green beans, whole wheat bread w/butter and chilled pears</p> 	<p>23. Surimi crab salad, mixed salad greens w/tomato wedges and dilled cucumbers, apple cinnamon muffin and a fruit cup</p> 	<p>24. Hot dog w/wheat bun, twice bake potato casserole, peas and carrots, and banana</p> 
<p>27. CLOSED</p> <p>memorial DAY</p> 	<p>28. Hamburger w/wheat sandwich bun, bean casserole, mixed veggies, fruit sunburst and fresh melon</p> 	<p>29. Blt chicken salad, mixed salad greens w/tomato wedges, 3 bean salad, corn bread and mandarin oranges</p> 	<p>30. Spaghetti & meatball w/marinara sauce, Capri blend veggies, wheat Vienna bread w/butter, and chilled pears</p> 	<p>31. Herbed baked chicken, mashed potatoes w/gravy, green bean casserole, bran muffin bread w/butter, and an apple</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.