







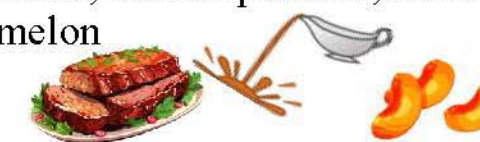
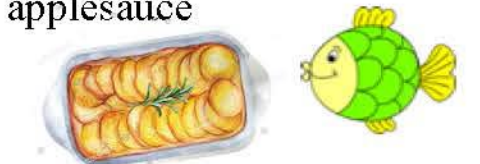


















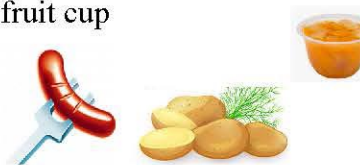



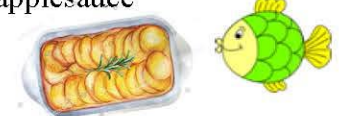















Monday	Tuesday	Wednesday	Thursday	Friday
<p>2. </p>	<p>3. Italian sausage marinara w/wheat sausage bun, scalloped potatoes, Brussel sprouts, & fresh melon</p> 	<p>4. BBQ pulled chicken/wheat sandwich bun, cheesy mashed potatoes, broccoli, chilled pears</p> 	<p>5. Dilled tuna salad sandwich w/wheat Kaiser roll, lettuce/tomato, garbanzo & kidney bean, slivered carrots balsamic, fruit cup & banana</p> 	<p>6. Chicken Marbella, rice Florentine, country blend veg, whole wheat bread, whole orange</p> 
<p>9. Kielbasa, dilled potatoes, bean casserole, rye bread, fruit cup</p> 	<p>10. Chicken w/ garden rotini pasta salad, mixed salad greens, herbed tomato wedges, multigrain bread, pineapple tidbits & chef choice</p> 	<p>11. Eggs Lorraine, potatoes O'Brien, fruit cup, blueberry muffin, whole orange</p> 	<p>12. Baked meatloaf w/ country gravy, mashed potatoes, carrots, chives, whole wheat bread, chilled peaches, fresh melon</p> 	<p>13. Potato crusted fish fillet, Au gratin potatoes, peas, whole wheat bread, applesauce</p> 
<p>16. Meatball marinara sub sandwich w/wheat French roll, potatoes Italiano, Italian green beans, & whole orange</p> 	<p>17. Salisbury steak, mashed potatoes w/ gravy, cabbage & carrots, multi grain bread, mixed fruit & oatmeal raisin cookie</p> 	<p>18. Roasted turkey breast & Wisconsin cheddar, wheat Kaiser, lettuce & tomato, pea salad, pineapple tidbits</p> 	<p>19. Lemon basil chicken, garden vegetable, corn & black beans, multigrain dinner roll, applesauce, banana</p> 	<p>20. Veal parmesan, penne pasta w/marinara sauce, broccoli, wheat Vienna bread, fresh melon</p> 
<p>23. Chicken a la orange, vegetable rice pilaf, northern beans, bran muffin bread, chilled peaches</p> 	<p>24. French onion dip of beef w/ mushroom & onions/wheat French roll, oven fries, corn, whole apple & chef choice</p> 	<p>25. Classic lasagna w/meat sauce, squash medley, Italian green beans, whole wheat bread, chilled pears</p> 	<p>26. Surimi crab salad, mixed salad greens w/ tomato wedges, dilled cucumbers, apple cinnamon muffin, fruit cup</p> 	<p>27. Hotdog w/wheat hotdog bun, twice baked potato casserole, peas & carrots, & banana</p> 
<p>30. Roast pork & gravy, Au gratin potatoes, peas & carrots, wheat bread, whole apple</p> 	<p></p>	<p></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.</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>2. </p>	<p>3. Salchicha italiana marinara, patatas gratinadas, coles de Bruselas, pan de salchicha de trigo y melón fresco</p> 	<p>4. Pollo desmenuzado a la barbacoa, puré de patatas con queso, brócoli, panecillo tipo sándwich, peras frías</p> 	<p>5. Sandwich de tuna, lechuga y tomate, ensalada de garbanzos y frijoles rojos con zanaorias y salsa balsamica. Pan, vaso de fruta y guineo</p> 	<p>6. Chicken Marbella, rice Florentine, country blend veg, whole wheat bread, whole orange</p> 
<p>9. Kielbasa, dilled potatoes, bean casserole, rye bread, fruit cup</p> 	<p>10. Chicken w/ garden rotini pasta salad, mixed salad greens, herbed tomato wedges, multigrain bread, pineapple tidbits & chef choice</p> 	<p>11. Eggs Lorraine, potatoes o'brien, fruit cup, blueberry muffin, whole orange</p> 	<p>12. Baked meatloaf w/ country gravy, mashed potatoes, carrots, chives, whole wheat bread, chilled peaches, fresh melon</p> 	<p>13. Potato crusted fish fillet, Au gratin potatoes, peas, whole wheat bread, applesauce</p> 
<p>16. Meatball marinara sub sandwich, potatoes italiano, Italian green beans, wheat French roll, whole orange</p> 	<p>17. Salisbury steak, mashed potatoes w/ gravy, cabbage & carrots, multi grain bread, mixed fruit & oatmeal raisin cookie</p> 	<p>18. Roasted turkey breast & Wisconsin cheddar, wheat kaiser, lettuce & tomato, pea salad, pineapple tidbits</p> 	<p>19. Lemon basil chicken, garden vegetable, corn & black beans, multigrain dinner roll, applesauce, banana</p> 	<p>20. Veal parmesan, penne pasta w/ marinara sauce, broccoli, wheat Vienna bread, fresh melon</p> 
<p>23. Chicken a la orange, vegetable rice pilaf, northern beans, bran muffin bread, chilled peaches</p> 	<p>24. French onion dip of beef w/ mushroom & onions, oven fries, corn, wheat French roll, whole apple & chef choice</p> 	<p>25. Classic lasagna w/ meat sauce, squash medley, Italian green beans, whole wheat bread, chilled pears</p> 	<p>26. Surimi crab salad, mixed salad greens w/ tomato wedges, dilled cucumbers, apple cinnamon muffin, fruit cup</p> 	<p>27. Hotdog, twice baked potato casserole, peas & carrots, wheat hotdog bun, banana</p> 
<p>30. Roast pork & gravy, Au gratin potatoes, peas & carrots, wheat bread, whole apple</p> 	<p></p>	<p></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, <u>REFRIGERATE IT RIGHT AWAY!</u> Do not leave it sitting out. Please be safe.</p>

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