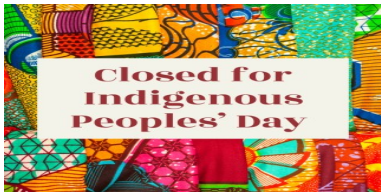


Monday	Tuesday	Wednesday	Thursday	Friday
<p>For your safety, if you cannot eat all of your meal or if you are not ready to eat your meal, REFRIGERATE IT RIGHT AWAY! Do not leave it sitting out. Please be safe. Each meal served with milk</p>	<p>1. Cheese Burger Wheat Hamburger Bun Tomato soup Tossed garden salad Cottage cheese Sliced pears Pea salad</p>	<p>2. Salisbury Steak Mashed potatoes Corn Multi grain dinner roll Pineapple</p>	<p>03. Hot Dog Vegetable lentil soup Tossed garden salad Cottage cheese Banana, potato salad Wheat hot dog bun</p>	<p>04. Classic lasagna w/meat sauce Broccoli Wheat bread Oatmeal raisin cookie</p>
<p>7. Roast Turkey & gravy Baked sweet potatoes Mixed vegetables Bread stuffing</p>	<p>08. Stuffed green pepper Multi grain dinner roll Lumberjack soup Tossed garden salad Cottage cheese fruit cup cookie</p>	<p>09. Swiss Burger Wheat Hamburger Bun Mushroom Barley soup Tossed garden salad Cottage cheese, tropical fruit, beet salad</p>	<p>10. Chicken Vesuvio Mashed potatoes Cauliflower & red pepper Wheat bread Mandarin oranges</p>	<p>11. Restaurant Day Pizza Salad Cup of fruit</p>
<p>14.</p> 	<p>15. BBQ Riblet Oven fries Black beans & corn Wheat sandwich bun Whole apple</p>	<p>16. Roast Turkey w/cheddar sauce, Rice, broccoli Biscuit Fruit Raisin cookie</p>	<p>17. Turkey trio & provolone sub, pasta salad Wheat French roll Split pea soup Tossed garden salad Cottage cheese, Banana</p>	<p>18. Chicken breast parmesan Penne pasta Squash Wheat bread Chilled peaches</p>
<p>21. Bavarian Bratwurst Diced parsleyed potatoes Carrots Rye bread Fresh melon</p>	<p>22. Chicken chardonnay Mashed potatoes Broccoli Multi grain bread Fresh orange Chocolate pudding</p>	<p>23. Texas chili Mac and cheese Vegetables Multi grain bread Fruit cup</p>	<p>24. Stuffed cabbage roll Multi grain bread Wild rice soup Tossed garden salad Cottage cheese, chilled pears Beet salad</p>	<p>25. Cheese burger Potato salad Baked Beans watermelon</p>
<p>28. Slowed roasted beef Mashed potatoes Brussels sprouts Multi grain bread Chilled pears cookie</p>	<p>29. Turkey pot Roast Baked potato Peas & carrots Multi grain bread Banana</p>	<p>30. Chicken tender poor boy Pesto Aiolo Wheat French roll Cheddar corn chowder soup Tossed salad, Broccoli salad Cottage cheese, fruit Jello</p>	<p>31. Restaurant Day Sloppy Joe Potato chips Corn Chocolate Pudding</p>	<p>Suggested Donation \$3.00</p>



October

2024

Monday

Tuesday

Wednesday

Thursday

Friday

	1.	2.	3. 	4. MEDICARE 101 PRESENTATION
07.	08.	09.	10. 	11. 
14. 	15. 	16.	17. 	18.
21.	22.	23.	24. 	25. 
28.	29.	30.	31. 	

Menu subject to change due to availability of items. 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