








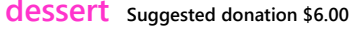






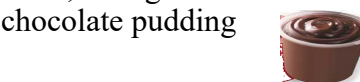
















Monday	Tuesday	Wednesday	Thursday	Friday
<p>3. Roast pork &amp; gravy, Au gratin potatoes. Peas &amp; carrots, multigrain bread, &amp; whole apple</p> 	<p>4. Cheeseburger, whole wheat hamburger bun, tomato soup, tossed garden salad, cottage cheese, sliced pears</p> 	<p>5. Salisbury steak, mashed potatoes, corn, whole wheat roll, pineapple tidbits</p> 	<p>6. Chicago style hotdog, whole wheat hotdog bun, vegetable lentil soup, tossed garden salad, cottage cheese &amp; banana</p> 	<p>7. Surimi crab salad sandwich on whole wheat bread w/lettuce and tomato, veggie vinaigrette, and chilled pears</p> 
<p>10. Roast turkey &amp; gravy, baked sweet potatoes, mixed vegetables, bread stuffing, chef's fruit</p> 	<p>11. Stuffed green pepper, lumber jack soup, tossed salad, whole wheat roll, cottage cheese and a fruit cup</p> 	<p>12. Swiss burger, whole wheat burger bun, mushroom barley soup, tossed garden salad, cottage cheese, tropical fruit</p> 	<p>13. Tuna salad sandwich, whole wheat French roll, cream of broccoli soup, tossed garden salad, cottage cheese &amp; mandarin oranges</p> 	<p><b>14. RED VELVET RENDEZOUS</b> Lasagna w/Italian sausage, garden salad, Italian bread, peaches and dessert <small>Suggested donation \$6.00</small></p> 
<p>17. Hot roast beef, mashed potatoes &amp; gravy, peas &amp; carrots, multi grain bread, fresh orange</p> 	<p>18. BBQ Riblet, oven fries, black beans &amp; corn, whole wheat sandwich bun, whole apple, chef's choice</p> 	<p>19. Roast turkey w/cheddar ale sauce, vegetable rice pilaf, broccoli, whole wheat biscuit, chef's fruit, oatmeal raisin cookie</p> 	<p>20. Turkey trio &amp; provolone sub, whole wheat French roll, split pea soup, tossed garden salad, cottage cheese &amp; banana</p> 	<p>21. Chicken breast parmesan, penne pasta/marinara, squash medley, whole wheat Vienna, chilled peaches</p> 
<p>24. Bavarian bratwurst, diced parselied potatoes, carrots, rye bread &amp; fresh melon</p> 	<p>25. Chicago Style Hot Dog w/whole wheat bun, tomato lentil soup, tossed garden salad, cottage cheese and chocolate pudding</p> 	<p>26. Texas chili, mac &amp; cheese, country blend vegetable, multi grain bread &amp; fruit cup</p> 	<p>27. Stuffed cabbage roll, whole wheat roll, Minnesota wild rice soup, tossed garden salad, cottage cheese, chilled pears</p> 	<p>28. Baked Pollock piccata, baked potato, California blend, multigrain bread &amp; lemon mandarin pudding</p> 
	<p>For your safety, if you cannot eat all of your meal or if you are not ready to eat your meal, <b>REFRIGERATE IT RIGHT AWAY!</b> Do not leave it sitting out. Please be safe.</p>		<p>Fat free or low fat milk with each meal</p> <p><b>Suggested Donation \$3.50</b></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>3. 9:00am – Lean/Mean Club 10:00 Bingo 11:30 Lunch 1:00pm Movie Monday</p> <p><b>“The Day the music died” - who died in a plane crash in 1959?</b></p>	<p>4. 9:00am – Pickle ball 10:00 Bingo 11:30 Lunch 11:45 Greens, the darker the better 12:00 Bingo 1:00 Puzzles</p> <p><b>“World Cancer Day” - Prayers</b></p>	<p>5. 9:00am – Lean/ Mean Club 10:00 <b>BINGO BONANZA</b> 11:30 Lunch 12:00 <b>BINGO BONANZA</b></p> <p><b>“National Weather Man’s Day” - who is your favorite forecaster?</b></p>	<p>6. 9:00am – Lean/ Mean Club 10:00 Bingo 11:30 Lunch 12:00 Bingo 1:00 UNO</p> <p><b>“Which US President was born today in 1911?”</b></p>	<p>7. 9:00am – Pickle ball 10:00 Bingo 11:30 Lunch 12:00 Bingo 1:00 Social</p> <p><b>“What’s the name of the flower for the Month of February?” hint: wear purple</b></p>
<p>10. 9:00am – Lean/ Mean Club 10:00 Bingo 11:30 Lunch 12:00 Bingo 1:00 Movie Monday</p> <p><b>“National Umbrella Day” - bring 1 in today</b></p>	<p>11. 9:00am – Pickle Ball 10:00 Bingo 11:30 Lunch 12:00 Bingo 1:00 Dance Party</p> <p><b>“Name the #1 Song in 1982 on this day?”</b></p>	<p>12. 9:00am – Lean/Mean club 10:00 Bingo 11:30 Lunch 12:00 Bingo 1:00 Coupon Exchange</p> <p><b>“What President was born on this day?”</b></p>	<p>13. 9:00am – Lean/ Mean Club 10:00 Bingo 11:30 Lunch 12:00 Bingo 1:00 Mexican Train</p> <p><b>“What is the Zodiac sign for this date?”</b></p>	<p>14. 9:00am – Pickle ball 10:00 <b>Red Velvet Rendezvous” Valentine’s Day party;</b> 11:30 Lunch 12:00 Bingo 1:00 social</p> <p><b>Wear red, velvet, pink or hearts</b></p>
<p>17. <b>CLOSED</b></p> 	<p>18. 9:00am – Pickle Ball 10:00 Bingo 11:30 Lunch 12:00 Bingo 1:00 Brain Games</p> <p><b>In 1930, on this date what planet was discovered?</b></p>	<p>19. 9:00am – Lean/ Mean Club 10:00 Bingo 11:30 Lunch 12:00 Bingo</p> <p><b>“What is the #1 movie on this day in 1974?”</b></p>	<p>20. 9:00am – Lean/ Mean Club 10:00 Bingo 11:30 Lunch 12:00 Bingo 1:00 LCR</p> <p><b>“Cherry Pie Day” - YUM!</b></p>	<p>21. 9:00am – Pickle ball 10:00 Bingo 11:30 Lunch 12:00 Bingo 1:00 Social</p> <p><b>“Freaky Friday” - Wear your clothes backwards</b></p>
<p>24. 9:00am – Lean/Mean Club 10:00 Bingo 11:30 Lunch 12:00 Bingo 1:00 Movie Monday</p> <p><b>“What is the zodiac sign for this date?”</b></p>	<p>25. 9:00am – Pickle Ball 10:00 Bingo 11:30 Lunch 12:00 Bingo 1:00 Horse Races</p> <p><b>“What is the birthstone for February?”</b></p>	<p>26. 9:00am – Lean/Mean club 10:00 <b>BINGO BASH</b> 11:30 Lunch 12:00 <b>BINGO BASH</b></p> <p><b>“National Pistachio Day!” Wear green</b></p>	<p>27. 9:00am – Lean/ Mean Club 10:00 Bingo 11:30 Lunch 12:00 Bingo 1:00 Cards</p> <p><b>“Polar Bear Day” - wear white</b></p>	<p>28. 9:00am – Pickle ball 10:00 Bingo 11:30 Lunch 12:00 Bingo 1:00 Social</p> <p><b>“What are the flowers for the month of February?”</b></p>