

West Suburban Senior Services
Bellwood and OARS ADHC and Congregate Meals Programs

Monday	Tuesday	Wednesday	Thursday	Friday
March 1 st , 2010	March 2 nd , 2010	March 3 rd , 2010	March 4 th , 2010	March 5 th , 2010
Spinach Ravioli Meat Sauce California Vegetables Lettuce Wedge Orange	Barbecued Chicken Rice Pilaf Sliced Carrots Tossed Salad Apricot Halves	Turkey Sausage on Bun Whipped Potatoes Cherry-Apple Juice Tropical Fruit	Meatballs Mashed Potatoes California Vegetables Pineapple Oatmeal Cookie	Chicken Quarter Sweet Potatoes Peas & Carrots Cantaloupe
March 8 th , 2010	March 9 th , 2010	March 10 th , 2010	March 11 th , 2010	March 12 th , 2010
Hamburger on Bun Broccoli Tangerine	Turkey ala King Rice Pilaf Mixed Vegetables Tossed Salad Pineapple Chunks	Meatloaf Mashed Potatoes Green Beans Coleslaw Grapes	Italian Baked Chicken Rice Pilaf Italian Vegetables Green Peppers & Dressing	Barbecued Roast Pork Sweet Potatoes Seasoned Greens Applesauce
March 15 th , 2010	March 16 th , 2010	March 17 th , 2010	March 18 th , 2010	March 19 th , 2010
Stuffed Cabbage Roll Wax Beans Lettuce Wedge Pear Halves	Chicken Quarter Mashed Potatoes Green Peas Banana	Corned Beef Cabbage Boiled Potatoes Fruit	Spaghetti with Meat Sauce Mixed Vegetables Fresh Cucumbers	Meatloaf Peas & Carrots Tossed Salad Apple
March 22 nd , 2010	March 23 rd , 2010	March 24 th , 2010	March 25 th , 2010	March 26 th , 2010
Chicken Parmesan Rotini Green Beans Tossed Salad Mandarin Oranges	Stuffed Green Pepper Carrot Slices Tomatoes & Cucumbers Pineapple Chunks	Turkey Whipped Potatoes Lima Beans Banana	Beef Stroganoff Brown Rice Broccoli Apple Juice Pear Halves	Baked Chicken Herb Stuffing Peas & Carrots Spiced Apple Rings Banana
March 29 th , 2010	March 30 th , 2010	March 31 st , 2010	<i>All meals include 2% milk, bread, coffee, and margarine. Each meal meets 1/3 of the Recommended RDA and DRI Requirements.</i>	
Spinach Ravioli Meat Sauce California Vegetables Lettuce Wedge Orange	Barbecued Chicken Rice Pilaf Sliced Carrots Tossed Salad Apricot Halves	Turkey Sausage on Bun Whipped Potatoes Cherry-Apple Juice Tropical Fruit		

West Suburban Senior Services is supported by AgeOptions, FEMA, The Illinois Department on Aging, Westlake Health Foundation, Kott Foundation, United Way of Metropolitan Chicago, US Department of Veterans Affairs, Proviso Township, Lyons Township, the Mental Health Commission of Berwyn, the Mental Health Commission of Proviso Township, local villages and donations.

The above menu is for the organization's Bellwood site, ADHC Bellwood ADHC site and OARS AHDC site. The Hodgkin's Meal Site on the reverse side.

West Suburban Senior Services Hodgkin's Congregate Meals Programs

Monday	Tuesday	Wednesday	Thursday	Friday
March 1 st , 2010	March 2 nd , 2010	March 3 rd , 2010	March 4 th , 2010	March 5 th , 2010
Hot Beef Mashed Potatoes Green Beans Cranberry Juice	Egg Salad on Croissant House Salad Orange Juice Apricots	Mostaccioli Marinara Meatballs Mixed Vegetables Caesar Salad Peaches	Chicken ala King Rice Broccoli Salad Peaches	Breaded Fish on Bun Homemade Chips Peas Applesauce
March 8 th , 2010	March 9 th , 2010	March 10 th , 2010	March 11 th , 2010	March 12 th , 2010
Orange Chicken Rice Lima Beans House Salad Mandarin Oranges	Hot Turkey Mashed Potatoes Carrots Chicken Rice Soup Cranberries	Sausage & Peppers on Roll House Salad Applesauce	Grilled Chicken Mashed Sweet Potatoes Mixed Vegetables Tropical Fruit	Tuna Noodle Casserole Romaine Salad Peas Pineapple
March 15 th , 2010	March 16 th , 2010	March 17 th , 2010	March 18 th , 2010	March 19 th , 2010
Lemon Chicken Garlic Potatoes Green Beans Fruit Cocktail	Eggplant Parmesan Side of Pasta Mixed Vegetables Pineapple	Corned Beef Cabbage Romaine Salad Pears	Turkey Club Sandwich Carrots House Salad Whole Cranberries	Fish Sticks Macaroni & Cheese Broccoli Peaches
March 22 nd , 2010	March 23 rd , 2010	March 24 th , 2010	March 25 th , 2010	March 26 th , 2010
Pepper Steak Rice Carrots Apple Sauce	Chicken Parmesan Pasta Green Beans Salad with Tomatoes Fruit Cocktail	Meatloaf Mashed Potatoes Mixed Vegetables Peaches	Beef Stroganoff Zucchini Romaine Salad Mandarin Oranges	Broiled Fish Roasted Potato Peas Applesauce
March 29 th , 2010	March 30 th , 2010	March 31 st , 2010	<i>All meals include 2% milk, bread, coffee, and margarine. Each meal meets 1/3 of the Recommended RDA and DRI Requirements.</i>	
Baked Mostaccioli Salad Fruited Gelatin	Roast Pork Potato Sauerkraut Carrots	Sloppy Joe Macaroni & Cheese Bean Salad Cranberry Juice Tropical Fruit		

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The above menu is for the organization's Hodgkin's site. The Bellwood site, ADHC Bellwood ADHC site and OARS AHDC site is on the reverse side.
The Bellwood and OARS sites are located at 439 Bohland, Bellwood and 712 East Elm, LaGrange respectively. The Hodgkins site is at 63rd