

West Suburban Senior Services

Bellwood and OARS ADHC and Congregate Meals Programs

Monday	Tuesday	Wednesday	Thursday	Friday
February 1st, 2010	February 2 nd , 2010	February 3 rd , 2010	February 4 th , 2010	February 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
February 8 th , 2010	February 9 th , 2010	February 10 th , 2010	February 11 th , 2010	February 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	Seasoned Chicken Fillet Herb Potatoes Carrots & Brussels Sprouts Salad Pound Cake	Barbecued Roast Pork Sweet Potatoes Seasoned Greens Applesauce
February 15 th , 2010	February 16 th , 2010	February 17 th , 2010	February 18 th , 2010	February 19 th , 2010
<i>Closed for President's Day</i>	Chicken Quarter Mashed Potatoes Green Peas Banana	Breaded Pork Cutlet Rice Pilaf Green Beans Tossed Salad Apricot Halves	Spaghetti with Meat Sauce Mixed Vegetables Fresh Cucumbers Fruit Cocktail	Meatloaf Peas & Carrots Tossed Salad Apple
February 22 nd , 2010	February 23 rd , 2010	February 24 th , 2010	February 25 th , 2010	February 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
<p><i>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.</i></p>				<p><i>All meals include 2% milk, bread, coffee, and margarine. Each meal meets 1/3 of the Recommended RDA and DRI Requirements.</i></p>

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
February 1 st , 2010	February 2 nd , 2010	February 3 rd , 2010	February 4 th , 2010	February 5 th , 2010
Hot Beef Mashed Potatoes Green Beans Cranberry Juice	Chicken Salad on Croissant House Salad Orange Juice Apricots	Mostaccioli Marinara Meatballs Mixed Vegetables Caesar Salad Peaches	Chicken ala King Rice Broccoli Salad Peaches	Sloppy Joe on Bun Macaroni & Cheese Bean Salad Cranberry Juice Tropical Fruit
February 8 th , 2010	February 9 th , 2010	February 10 th , 2010	February 11 th , 2010	February 12 th , 2010
Orange Chicken Rice Lima Beans House Salad Mandarin Oranges	Cheese Pizza Julienne Salad Tomato Juice Fruit Cocktail	Sausage & Peppers on Roll House Salad Applesauce	Grilled Chicken Mashed Sweet Potatoes Mixed Vegetables Tropical Fruit	Hot Turkey Mashed Potatoes Lima Beans Chicken Rice Soup Whole Cranberries
February 15 th , 2010	February 16 th , 2010	February 17 th , 2010	February 18 th , 2010	February 19 th , 2010
<i>Closed for President's Day</i>	Hamburger on Bun Corn Minestrone Soup Pineapple	Stuffed Shells Broccoli Romaine Salad Pears	Turkey Club Sandwich Carrots House Salad Whole Cranberries	Broiled Fish Roasted Potatoes Peas Applesauce
February 22 nd , 2010	February 23 rd , 2010	February 24 th , 2010	February 25 th , 2010	February 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 Rice Zucchini Romaine Salad Mandarin Oranges	Tuna Noodle Casserole Romaine Salad Peas Pineapple
<p><i>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.</i></p>				<p><i>All meals include 2% milk, bread, coffee, and margarine. Each meal meets 1/3 of the Recommended RDA and DRI Requirements.</i></p>

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.