

West Suburban Senior Services

Bellwood and OARS ADHC and Congregate Meals Programs

Monday	Tuesday	Wednesday	Thursday	Friday
January 4 th , 2010	January 5 th , 2010	January 6 th , 2010	January 7 th , 2010	January 8 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
January 11 th , 2010	January 12 th , 2010	January 13 th , 2010	January 14 th , 2010	January 15 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 Mandarin Oranges	Barbecued Roast Pork Sweet Potatoes Seasoned Greens Applesauce
January 18 th , 2010	January 19 th , 2010	January 20 th , 2010	January 21 st , 2010	January 22 nd , 2010
<i>Closed for Dr. Martin Luther King, Jr.'s Birthday</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
January 25 th , 2010	January 26 th , 2010	January 27 th , 2010	January 28 th , 2010	January 29 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
January 4 th , 2010	January 5 th , 2010	January 6 th , 2010	January 7 th , 2010	January 8 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 Fruit	Cheese Pizza Salad Tomato Juice Fruit Cocktail	Broiled Fish Roasted Potato Peas Applesauce
January 11 th , 2010	January 12 th , 2010	January 13 th , 2010	January 14 th , 2010	January 15 th , 2010
Orange Chicken Rice Lima Beans House Salad Fruit	Hamburger on Bun Corn Minestrone Soup Pineapple	Stuffed Shells Broccoli Romaine Salad Pears	Sausage & Peppers on Roll House Salad Fruit	Sloppy Joe on Bun Macaroni & Cheese Bean Salad Fruit Juice Peaches
January 18 th , 2010	January 19 th , 2010	January 20 th , 2010	January 21 st , 2010	January 22 nd , 2010
<i>Closed for Dr. Martin Luther King Jr.'s Birthday.</i>	Chicken Parmesan Pasta Green Beans Salad with Tomatoes Fruit Cocktail	Meatloaf Mashed Potatoes Mixed Vegetables Fruit	Turkey Club Sandwich Carrots House Salad Whole Cranberries	Tuna Noodle Casserole Romaine Salad Peas Pineapple
January 25 th , 2010	January 26 th , 2010	January 27 th , 2010	January 28 th , 2010	January 29 th , 2010
Beef Stroganoff Rice Zucchini Romaine Salad Mandarin Oranges	Hot Turkey Mashed Potatoes Lima Beans Chicken Rice Soup Whole Cranberries	Pepper Steak Rice Carrots Applesauce	Grilled Chicken Mashed Sweet Potatoes Mixed Vegetables Tropical Fruit	Manicotti Broccoli House Salad Apricot Halves
<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.