

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

Monday	Tuesday	Wednesday	Thursday	Friday
<i>All meals include 2% milk, bread, coffee, and margarine. Each meal meets 1/3 of the Recommended RDA and DRI Requirements.</i>			April 1 <sup>st</sup> , 2010	April 2 <sup>nd</sup> , 2010
			Chicken Breast Brown Rice California Vegetables Apple Juice Peach Halves	
April 5 <sup>th</sup> , 2010	April 6 <sup>th</sup> , 2010	April 7 <sup>th</sup> , 2010	April 8 <sup>th</sup> , 2010	April 9 <sup>th</sup> , 2010
Salisbury Steak Mashed Potatoes Green Peas Tropical Fruit	Chicken Fajitas Spanish Rice Black Beans Fruit Mix	Meatballs Spaghetti Green Beans Coleslaw Grapes	Herb Baked Chicken Sweet Potatoes Brussels Sprouts Mandarin Oranges	Hamburger on Bun Broccoli Fresh Melon
April 12 <sup>th</sup> , 2010	April 13 <sup>th</sup> , 2010	April 14 <sup>th</sup> , 2010	April 15 <sup>th</sup> , 2010	April 16 <sup>th</sup> , 2010
Meatloaf Whipped Potatoes Cauliflower Pear Halves	Sliced Turkey Mashed Potatoes Herb Stuffing Peas & Carrots Apricot Halves	Barbecued Chicken Rice Pilaf Okra & Tomatoes Cucumbers & Dressing Grapes	Smothered Steak Whole Potatoes Green Beans Apricot Halves	Seafood Salad on Bun Mixed Vegetables Applesauce
April 19, 2010	April 20 <sup>th</sup> , 2010	April 21 <sup>st</sup> , 2010	April 22 <sup>nd</sup> , 2010	April 23 <sup>rd</sup> , 2010
Beef Stew Rice Pilaf Tossed Salad Pineapple Chunks	Roasted Chicken Whole Potatoes California Vegetables Pear Halves	Barbecued Roast Pork Spaghetti Mixed Greens Black Bean Salad Banana	Sloppy Joe on Bun Mixed Vegetables Tomatoes & Dressing Apricot Halves Cookie	Stuffed Green Pepper Carrots Pineapple Juice Fresh Pear
April 26 <sup>th</sup> , 2010	April 27 <sup>th</sup> , 2010	April 28 <sup>th</sup> , 2010	April 29 <sup>th</sup> , 2010	April 30 <sup>th</sup> , 2010
Stuffed Cabbage Green Beans Pear Salad Mandarin Oranges	Swedish Meatballs White Rice Broccoli Tossed Salad Tropical Fruit	Beef Hot Dog on Bun Carrots Three Bean Salad Cantaloupe	Chicken Breast Brown Rice California Vegetables Apple Juice Peach Halves	Stuffed Shells Italian Blend Vegetables Tossed Salad Banana
<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, The Village of Hodgkins, local villages and donations.</i>				

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.

The Bellwood and OARS sites are located at 439 Bohland, Bellwood and 712 East Elm, LaGrange respectively. The Hodgkins site is at 9301 63<sup>rd</sup>, Hodgkins  
 (708) 547-5600

## West Suburban Senior Services Hodgkin's Congregate Meals Programs

Monday	Tuesday	Wednesday	Thursday	Friday
<i>All meals include 2% milk, bread, coffee, and margarine. Each meal meets 1/3 of the Recommended RDA and DRI Requirements.</i>			April 1 <sup>st</sup> , 2010	April 2 <sup>nd</sup> , 2010
			Chicken ala King Rice Broccoli Salad Peaches	
April 5 <sup>th</sup> , 2010	April 6 <sup>th</sup> , 2010	April 7 <sup>th</sup> , 2010	April 8 <sup>th</sup> , 2010	April 9 <sup>th</sup> , 2010
Orange Chicken Rice Lima Beans Salad Mandarin Oranges	Turkey Mashed Potatoes Carrots Chicken Rice Soup Cranberries	Sausage & Peppers House Salad Applesauce	Grilled Chicken Mashed Sweet Potatoes Mixed Vegetables Tropical Fruit	Broiled Fish Roasted Potato Peas Applesauce
April 12 <sup>th</sup> , 2010	April 13 <sup>th</sup> , 2010	April 14 <sup>th</sup> , 2010	April 15 <sup>th</sup> , 2010	April 16 <sup>th</sup> , 2010
Mostaccioli Marinara Meatball Mixed Vegetables Caesar Salad Peaches	Chicken Fajita Mexican Rice Corn Applesauce	Cabbage Roll Romaine Salad Pears	Turkey Club Carrots Cranberries	Hot Beef Mashed Potatoes Green Beans Cranberry Juice
April 19, 2010	April 20 <sup>th</sup> , 2010	April 21 <sup>st</sup> , 2010	April 22 <sup>nd</sup> , 2010	April 23 <sup>rd</sup> , 2010
Pepper Steak Rice Carrots Applesauce	Chicken Parmesan Pasta Green Beans Salad Fruit Cocktail	Meat Loaf Mashed Potatoes Mixed Vegetables Peaches	Beef Stroganoff Zucchini Romaine Salad Mandarin Oranges	Egg Salad on Croissant Salad Orange Juice Apricots
April 26 <sup>th</sup> , 2010	April 27 <sup>th</sup> , 2010	April 28 <sup>th</sup> , 2010	April 29 <sup>th</sup> , 2010	April 30 <sup>th</sup> , 2010
Baked Mostaccioli Salad Gelatin with Fruit	Roast Pork Potato Saurkraut Carrots	Chicken Salad Macaroni & Cheese Bean Salad Cranberry Juice Tropical Fruit	Ham Scalloped Potatoes Carrots Salad	Lemon Chicken Garlic Potatoes Green Beans Fruit Cocktail
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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.

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