

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

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|--|
| April 4 th , 2011 | April 5 th , 2011 | April 6 th , 2011 | April 7 th , 2011 | April 8 th , 2011 |
| Salisbury Steak Mashed Potatoes Green Peas Tropical Fruit | Spaghetti Meatballs Green Beans Coleslaw Grapes | Chicken Fajitas Spanish Rice Black Beans Fruit Mix | Hamburger on Bun Broccoli Cream of Potato Soup Melon | Herb Baked Chicken Sweet Potatoes Brussels Sprouts Mandarin Oranges |
| April 11 th , 2011 | April 12 th , 2011 | April 13 th , 2011 | April 14 th , 2011 | April 15 th , 2011 |
| Meatloaf Whipped Potatoes Cauliflower Pear Halves | Turkey Mashed Potatoes Herb Stuffing Peas & Carrots Apricot Halves | Barbecued Chicken Rice Pilaf Okra & Tomatoes Cucumbers Grapes | Tuna Salad on Bun Mixed Vegetables Cream of Broccoli Soup Applesauce | Smothered Steak Whole Potatoes Green Beans Melon |
| April 18 th , 2011 | April 19 th , 2011 | April 20 th , 2011 | April 21 st , 2011 | April 22 nd , 2011 |
| Beef Stew Tossed Salad Pineapple Chunks | Roasted Chicken Whole Potatoes California Vegetables Pear Halves | Barbecued Roast Pork Spaghetti Mixed Greens Bean Salad Banana | Sloppy Joe on Bun Mixed Vegetables Tomatoes & Dressing Apricot Halves Cookie | <i>Closed for Good Friday.</i> |
| April 25 th , 2011 | April 26 th , 2011 | April 27 th , 2011 | April 28 th , 2011 | April 29 th , 2011 |
| Stuffed Cabbage Green Beans Cherry/Apple Juice Mandarin Oranges | Swedish Meatballs White Rice Broccoli Tossed Salad Tropical Fruit | Beef Hot Dog on Bun Carrots Three-Bean Salad Cantaloupe | Chicken Leg Quarter Mashed Potatoes California Vegetables Peach Halves | Spinach Lasagna Italian Vegetables Tossed Salad Banana |
| <i>Each meal meets 1/3 of the Recommended RDA and DRI Requirements</i> | | <i>All meals include 2% milk, bread, coffee and margarine.</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.

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 63rd, Hodgkins
(708) 547-5600

West Suburban Senior Services Hodgkin's Congregate Meals Programs

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|--|
| April 4 th , 2011 | April 5 th , 2011 | April 6 th , 2011 | April 7 th , 2011 | April 8 th , 2011 |
| Stuffed Green Pepper Buttered Noodles Julienne Salad Pears | Hot Dog French Fries Baked Beans Salad Tropical Fruit | Italian Sausage Pasta Salad Cranberry Juice Mandarin Oranges | Beef Stroganoff Linguine Peas Sliced Tomato Salad Pineapple | Ravioli Meatballs Steamed Zucchini Salad Fruit Cocktail |
| April 11 th , 2011 | April 12 th , 2011 | April 13 th , 2011 | April 14 th , 2011 | April 15 th , 2011 |
| Chicken Marsala Roasted Potatoes Carrots Applesauce | Chicken Cacciatore Pasta Green Peas Caesar Salad Pineapple | Meat Loaf Mashed Potatoes Green Beans Peaches | Ham Scalloped Potatoes Mixed Vegetables Salad Pears | Eggplant Rolotini Pasta Cottage Cheese Orange Juice Fruit Cocktail |
| April 18 th , 2011 | April 19 th , 2011 | April 20 th , 2011 | April 21 st , 2011 | April 22 nd , 2011 |
| Polish Sausage Saurkraut Green Beans Romaine Salad Mandarin Oranges | Hot Beef Mashed Potatoes Green Peas Pineapple | Chicken Stir Fry Potato Salad Salad Pears | Chicken Francese Pasta Carrots Cottage Cheese Peaches | <i>Closed for Good Friday.</i> |
| April 25 th , 2011 | April 26 th , 2011 | April 27 th , 2011 | April 28 th , 2011 | April 29 th , 2011 |
| Roast Pork Sauerkraut Potatoes Green Beans Cranberries | Chicken Parmesan Mostaccioli Romaine Salad Tomato Juice Peaches | Barbecued Beef on Bun Potato Salad Baked Beans Sliced Oranges | Chicken Tetrazini Carrots Salad Fruit Cocktail | Cheese Pizza Pasta Salad Julienne Salad Cottage Cheese Pears |

Each meal meets 1/3 of the Recommended RDA and DRI Requirements

All meals include 2% milk, bread, coffee, and margarine

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on the reverse side.

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