

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

Monday	Tuesday	Wednesday	Thursday	Friday
August 2 <sup>nd</sup> , 2010	August 3 <sup>rd</sup> , 2010	August 4 <sup>th</sup> , 2010	August 5 <sup>th</sup> , 2010	August 6 <sup>th</sup> , 2010
Meatloaf Whipped Potatoes Green Peas Applesauce	Creamy Chicken Wild Rice Broccoli Tomatoes Grapes	Cheeseburger on Bun Potato Salad Watermelon	Swedish Meatballs Brown Rice Carrots Tossed Salad Apricots	Smothered Chicken Breast Whole Potatoes Lima Beans Chilled Pears
August 9 <sup>th</sup> , 2010	August 10 <sup>th</sup> , 2010	August 11 <sup>th</sup> , 2010	August 12 <sup>th</sup> , 2010	August 13 <sup>th</sup> , 2010
Turkey Tetrazzini Green Beans Sliced Cucumbers Grapes	Beef Hot Dog on Bun Potato Salad Baked Beans Mandarin Oranges	Baked Chicken Brown Rice Succotash Apple Juice Pineapple	Barbecued Ribette Spaghetti Greens Coleslaw Peach Halves	Lasagna Carrots Lettuce Salad Honeydew Melon
August 16 <sup>th</sup> , 2010	August 17 <sup>th</sup> , 2010	August 18 <sup>th</sup> , 2010	August 19 <sup>th</sup> , 2010	August 20 <sup>th</sup> , 2010
Barbecued Pork Brussels Sprouts Cucumbers Apple	Roasted Chicken Sweet Potatoes Peas Nectarine	Meatball Sandwich Italian Vegetables Tossed Salad Honeydew Melon	Tuna Salad on Bun Three-Bean Salad Watermelon	Salisbury Steak Whipped Potatoes Mixed Vegetables Cantaloupe
August 23 <sup>rd</sup> , 2010	August 24 <sup>th</sup> , 2010	August 25 <sup>th</sup> , 2010	August 26 <sup>th</sup> , 2010	August 27 <sup>th</sup> , 2010
Grecian Chicken Leg Rice Zucchini & Tomatoes	Stuffed Green Pepper Peas & Carrots Tossed Salad Fruit Mix	Taco Salad Spanish Rice Beans Cantaloupe	Chicken Fillet on Bun Broccoli Tossed Salad Tropical Fruit	Polish Sausage on Bread Carrots Pineapple Rings Banana
August 30 <sup>th</sup> , 2010	August 31 <sup>st</sup> , 2010	<i>All meals include 2% milk, bread, coffee, and margarine.  Each meal meets 1/3 of the  Recommended RDA and DRI Requirements.</i>		
Meatloaf Whipped Potatoes Green Peas Applesauce	Creamy Chicken Wild Rice Broccoli Tomatoes			

*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 63<sup>rd</sup>, Hodgkins  
(708) 547-5600

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

Monday	Tuesday	Wednesday	Thursday	Friday
August 2 <sup>nd</sup> , 2010	August 3 <sup>rd</sup> , 2010	August 4 <sup>th</sup> , 2010	August 5 <sup>th</sup> , 2010	August 6 <sup>th</sup> , 2010
Pizza Julienne Salad Three-Bean Salad Mandarin Oranges	Hot Turkey Mashed Potatoes Carrots Chicken Rice Soup	Sausage & Peppers House Salad Applesauce	Grilled Chicken with Mushrooms Mashed Sweet Potatoes Mixed Vegetables	Broiled Fish Roasted Potato Peas Pasta with Marinara Applesauce
August 9 <sup>th</sup> , 2010	August 10 <sup>th</sup> , 2010	August 11 <sup>th</sup> , 2010	August 12 <sup>th</sup> , 2010	August 13 <sup>th</sup> , 2010
Mostaccioli Meatball Mixed Vegetables Caesar Salad Peaches	Chicken Fajita Tortilla Mexican Rice Corn Applesauce	Cabbage Roll Pasta Romaine Salad Pears	Egg Salad on Bread Salad Orange Juice Apricots	Lemon Chicken Garlic Potatoes Green Beans Fruit Cocktail
August 16 <sup>th</sup> , 2010	August 17 <sup>th</sup> , 2010	August 18 <sup>th</sup> , 2010	August 19 <sup>th</sup> , 2010	August 20 <sup>th</sup> , 2010
Pepper Steak Rice Carrots Applesauce	Chicken Parmesan Pasta Green Beans Salad with Tomatoes Fruit Cocktail	Ham Scalloped Potatoes Carrots Salad Fruit	Beef Stroganoff Noodles Zucchini Romaine Salad Mandarin Oranges Oatmeal Cookie	Chicken Tetrazzini with Pasta Corn Salad Pears
August 23 <sup>rd</sup> , 2010	August 24 <sup>th</sup> , 2010	August 25 <sup>th</sup> , 2010	August 26 <sup>th</sup> , 2020	August 27 <sup>th</sup> , 2010
Baked Mostaccioli Peas Salad Gelatin with Fruit	Roast Pork Sauerkraut Potato Carrots	Chicken Salad Macaroni & Cheese Bean Salad	Meat Loaf Mashed Potatoes Mixed Vegetables Peaches	Chicken Marsala Roasted Potatoes Corn Pears
August 30 <sup>th</sup> , 2010	August 31 <sup>st</sup> , 2010	<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>		
Turkey Club Carrots Salad Cranberries	Hot Beef Mashed Potatoes Green Beans Cranberry Juice			

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