

West Suburban Senior Services Bellwood and OARS ADHC Congregate Meals Menu

Monday	Tuesday	Wednesday	Thursday	Friday
August 1 st , 2011	August 2 nd , 2011	August 3 rd , 2011	August 4 th , 2011	August 5 th , 2011
Italian Sausage & Roast Beef Whipped Potatoes Peas Applesauce	Creamy Chicken Wild Rice Broccoli Tomatoes Grapes	Breaded Pork Cutlet Seasoned Greens Pickled Beets Watermelon	Barbecued Ribette Spaghetti Greens Coleslaw Peach Halves	Smothered Chicken Whole Potatoes Lima Beans Chilled Pears
August 8 th , 2011	August 9 th , 2011	August 10 th , 2011	August 11 th , 2011	August 12 th , 2011
Turkey Tetrazzini Green Beans Sliced Cucumbers Grapes	Cheeseburger on Bun Potato Salad Tossed Salad Watermelon	Baked Chicken Whipped Potatoes Succotash Pineapple & Mandarin Oranges	Spinach Lasagna Italian Vegetables Lettuce Salad Fruited Gelatin	Chicken Salad on Bun Three- Bean Salad Broccoli Soup Honeydew Melon
August 15 th , 2011	August 16 th , 2011	August 17 th , 2011	August 18 th , 2011	August 19 th , 2011
Barbecued Pork Brussels Sprouts Coleslaw Applesauce	Roasted Chicken Sweet Potatoes Peas Nectarine	Swedish Meatballs Brown Rice Carrots Tossed Salad	Hot Dog on Bun Potato Salad Cherry-Apple Juice Mandarin Oranges	Salisbury Steak Whipped Potatoes Mixed Vegetables Cantaloupe
August 22 nd , 2011	August 23 rd , 2011	August 24 th , 2011	August 25 th , 2011	August 26 th , 2011
Barbecued Chicken Leg Whole Potato Zucchini & Tomatoes	Stuffed Green Pepper Peas & Carrots Tossed Salad Fruit Mix	Chicken Fillet on Bun Broccoli Tossed Salad	Taco Salad Spanish Rice Black Beans Cantaloupe	Turkey Sweet Potatoes Brussels Sprouts Banana
August 29 th , 2011	August 30 th , 2011	August 31 st , 2011	<i>All meals include 2% milk, bread, coffee and margarine.</i>	<i>Each meal meets 1/3 of the Recommended RDA and DRI Requirements.</i>
Roast Beef Whipped Potatoes Green Peas Applesauce	Creamy Chicken Wild Rice Broccoli Grapes	Breaded Pork Cutlet Seasoned Greens Pickled Beets Watermelon		

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 Congregate Meal site, Bellwood ADHC site and OARS ADHC 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 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
August 1 st , 2011	August 2 nd , 2011	August 3 rd , 2011	August 4 th , 2011	August 5 th , 2011
Chicken Kabob Rice Steamed Zucchini Salad	Breaded Chicken Cutlet Mashed Potatoes Mixed Vegetables	Meat Loaf Mashed Potatoes Green Beans Peaches	Hamburger on Bun Scalloped Potatoes Mixed Vegetables Salad	Eggplant Rolotini Pasta Cottage Cheese Orange Juice
August 8 th , 2011	August 9 th , 2011	August 10 th , 2011	August 11 th , 2011	August 12 th , 2011
Hot Dog on Bun Sauerkraut Green Beans Romaine Salad	Hot Beef Mashed Potatoes Green Peas Pineapple	Chicken Stir Fry Rice Ginger Snap Peas Salad	Chicken Francese Pasta Carrots Three-Bean Salad	Tuna Noodle Casserole Mixed Vegetables Potato Salad
August 15 th , 2011	August 16 th , 2011	August 17 th , 2011	August 18 th , 2011	August 19 th , 2011
Chicken Salad on Croissant Green Beans Coleslaw	Julienne Salad Cottage Cheese Tomato Juice Peaches	Barbecued Beef on Bun Potato Salad Peas	Egg Salad on Wheat Bread Carrots Salad	Spaghetti & Meatballs Mixed Vegetables Cottage Cheese
August 22 nd , 2011	August 23 rd , 2011	August 24 th , 2011	August 25 th , 2011	August 26 th , 2011
Italian Sausage & Peppers Pasta Salad Cranberry Juice	Stuffed Green Pepper Buttered Noodles Julienne Salad Pears	Pizza Green Peas Pasta Salad Salad	Salisbury Steak with Mushrooms and Grilled Onions Mashed Potatoes	Chicken Marsala Roasted Potatoes Mixed Vegetables Apple Sauce
August 29 th , 2011	August 30 th , 2011	August 31 st , 2011	<i>All meals include 2% milk, bread, coffee and margarine.</i>	<i>Each meal meets 1/3 of the Recommended RDA and DRI Requirements.</i>
Chicken Kabob Rice Steamed Zucchini Salad Tropical Fruit	Breaded Chicken Cutlet Mashed Potatoes Mixed Vegetables Fruit	Meat Loaf Mashed Potatoes Green Beans Peaches		

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**The above menu is for the organization's Hodgkin's site.
The Bellwood Congregate Meal site, ADHC Bellwood ADHC site and OARS AHDC site
are on the reverse side.**

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712 East Elm, LaGrange respectively.
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