

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>		December 1 st , 2010	December 2 nd , 2010	December 3 rd , 2010
		Salisbury Steak Whipped Potatoes Three-Bean Salad Fruit Cocktail	Chicken Marinara on Bun Green Beans Tossed Salad Pineapple Chunks	Stuffed Green Pepper Carrots Pineapple Juice Grapes
December 6 th , 2010	December 7 th , 2010	December 8 th , 2010	December 9 th , 2010	December 10 th , 2010
Pepper Steak Brown Rice Mixed Vegetables Cucumbers Applesauce	Chicken Cacciatore Whole Potatoes Carrots Graham Crackers Grapes	Roast Pork Sweet Potatoes Black-eyed Peas Apricot Halves	Swedish Meatballs Mashed Potatoes Peas & Corn Carrot Sticks Oatmeal Cookie	Chicken Salad on Bun Pickled Cucumbers Fruited Gelatin
December 13 th , 2010	December 14 th , 2010	December 15 th , 2010	December 16 th , 2010	December 17 th , 2010
Baked Chicken Mashed Potatoes Green Beans Chilled Peaches	Beef Hot Dog on Bun Peas & Carrots Tomatoes & Lettuce Fresh Melon	Stuffed Cabbage Roll Mixed Vegetables Fruit Juice Mandarin Oranges	Chicken Cordon Bleu Rice Pilaf Green Beans Tossed Salad	Spaghetti & Meatballs Italian Vegetables Tossed Salad Grapes
December 20 th , 2010	December 21 st , 2010	December 22 nd , 2010	December 23 rd , 2010	December 24 th , 2010
Spinach Lasagna Green Beans Tossed Salad Applesauce	Grecian Chicken Brown Rice Three-Bean Salad Tropical Fruit	Cheeseburger on Bun Broccoli Cantaloupe	Meatballs Mashed Potatoes Mixed Vegetables Tossed Salad Pound Cake	<i>Merry Christmas!</i>
December 27 th , 2010	December 28 th , 2010	December 29 th , 2010	December 30 th , 2010	December 31 st , 2010
Beef Stew Brown Rice Spinach Honeydew Melon	Chicken Quarter Sweet Potatoes Broccoli Orange Juice Pound Cake	Salisbury Steak Whipped Potatoes Three Bean Salad Fruit Cocktail	Chicken Marinara on Bun Green Beans Tossed Salad Pineapple Chunks	<i>Happy New Year!</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
<i>All meals include 2% milk, bread, coffee, and margarine. Each meal meets 1/3 of the Recommended RDA and DRI Requirements</i>		December 1 st , 2010	December 2 nd , 2010	December 3 rd , 2010
		Barbecued Beef on Italian Bread Three Bean Salad Coleslaw	Chicken Tetrizzini Carrots Salad Fruit Cocktail	Turkey Club Minestrone Soup Three-Bean Salad Sliced Oranges
December 6 th , 2010	December 7 th , 2010	December 8 th , 2010	December 9 th , 2010	December 10 th , 2010
Stuffed Green Peppers Fettuccine Alfredo Julienne Salad Peaches	Chicken ala King Rice Broccoli Salad Orange Juice	Ham Cheddar Ranch Wrap Macaroni Salad Baked Beans Cranberry Juice Mandarin Oranges	Beef Stroganoff Linguine Peas Tomato Salad Graham Crackers Pineapple	Raviloi Meatballs Zucchini Salad Fruit Cocktail
December 13 th , 2010	December 14 th , 2010	December 15 th , 2010	December 16 th , 2010	December 17 th , 2010
Swedish Meatballs Linguine Carrots Cranberry Juice Applesauce	Meat Loaf Mashed Potatoes Mixed Vegetables Peaches	Polish Sausage Sauerkraut Potato Three Bean Salad	Chicken Parmesan Mostaccioli Romaine Salad Tomato Juice Peaches	Beef Taco Mexican Rice Corn Orange Juice Fruit Cocktail
December 20 th , 2010	December 21 st , 2010	December 22 nd , 2010	December 23 rd , 2010	December 24 th , 2010
Chicken Tenders Macaroni & Cheese Green Beans Romaine Salad Mandarin Oranges	Hot Beef Mashed Potatoes Peas Pineapple	Turkey-Bacon Ranch Wrap Potato Salad Salad Graham Crackers	Chicken Francese Pasta Three-Bean Salad Carrots Peaches	<i>Merry Christmas!</i>
December 27 th , 2010	December 28 th , 2010	December 29 th , 2010	December 30 th , 2010	December 31 st , 2010
Roast Pork Sauerkraut Potatoes Broccoli Graham Crackers Apple Juice	Breaded Pork Tenderloin Mashed Potatoes Green Peas Apple Juice	Eggplant Rolatini Spaghetti Romaine Salad Cranberry Juice	Chicken Marsala Roasted Potatoes Green Beans Graham Crackers Pineapple	<i>Happy New Year!</i>

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