

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

Monday	Tuesday	Wednesday	Thursday	Friday
January 3 <sup>rd</sup> , 2011	January 4 <sup>th</sup> , 2011	January 5 <sup>th</sup> , 2011	January 6 <sup>th</sup> , 2011	January 7 <sup>th</sup> , 2011
Stuffed Shells Meat Sauce Lima Beans Lettuce Wedge Orange	Grecian Chicken Rice Pilaf Sliced Carrots Tossed Salad Apricot Halves	Beef Hot Dog on Bun Mixed Vegetables Potato Salad Tropical fruit	Meatballs Mashed Potatoes California Vegetables Pineapple & Lettuce Oatmeal Cookie	Chicken Fillet Sweet Potatoes Peas & Carrots Cantaloupe
January 10 <sup>th</sup> , 2011	January 11 <sup>th</sup> , 2011	January 12 <sup>th</sup> , 2011	January 13 <sup>th</sup> , 2011	January 14 <sup>th</sup> , 2011
Cheeseburger on Bun Cream of Broccoli Soup Tangerine	Turkey ala King Rice Pilaf Tossed Salad Pineapple Chunks	Smothered Steak Mashed Potatoes Green Beans Grapes	Italian Baked Chicken Italian Vegetables Tossed Salad Mandarin Oranges	Barbecued Roast Pork Sweet Potatoes Seasoned Greens Applesauce
January 17 <sup>th</sup> , 2011	January 18 <sup>th</sup> , 2011	January 19 <sup>th</sup> , 2011	January 20 <sup>th</sup> , 2011	January 21 <sup>st</sup> , 2011
<i>Closed for Dr. Martin Luther King's Birthday</i>	Barbecued Chicken Leg Mashed Potatoes Green Peas Banana	Breaded Pork Cutlet Mashed Potatoes Green Beans Apricot Halves	Spaghetti Meat Sauce Mixed Vegetables Cucumbers Fruited Gelatin	Meatloaf Peas & Carrots Tossed Salad Applesauce
January 24 <sup>th</sup> , 2011	January 25 <sup>th</sup> , 2011	January 26 <sup>th</sup> , 2011	January 27 <sup>th</sup> , 2011	January 28 <sup>th</sup> , 2011
Chicken Parmesan Rotini Italian Vegetables Tossed Salad Mandarin Oranges	Stuffed Green Pepper Carrot Slices Tomatoes & Cucumbers Pineapple Chunks	Turkey Whipped Potatoes Green Beans Melon	Beef Stroganoff Brown Rice Broccoli Apple Juice Pear Halves	Baked Chicken Leg Herb Stuffing Peas & Carrots Spiced Apple Rings Banana

*All meals include 2% milk, bread, coffee, and margarine.  
Each meal meets 1/3 of the Recommended RDA and DRI  
Requirements.*




*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
January 3 <sup>rd</sup> , 2011	January 4 <sup>th</sup> , 2011	January 5 <sup>th</sup> , 2011	January 6 <sup>th</sup> , 2011	January 7 <sup>th</sup> , 2011
Chicken Cacciatore Caesar Salad Pineapple Graham Crackers	Tuna Noodle Casserole Green Beans Peaches	Barbecued Beef on Bun Potato Salad Coleslaw Sliced Oranges	Chicken Tetrazini Carrots Salad Fruit Cocktail	Turkey Club Sandwich Coleslaw Minestrone Soup Cranberry Juice
January 10 <sup>th</sup> , 2011	January 11 <sup>th</sup> , 2011	January 12 <sup>th</sup> , 2011	January 13 <sup>th</sup> , 2011	January 14 <sup>th</sup> , 2011
Stuffed Green Peppers Buttered Noodles Julienne Salad Peaches	Chicken ala King Rice Broccoli Salad Orange Juice	Ham & Cheddar Ranch Wrap Baked Beans Macaroni Salad Mandarin Oranges	Beef Stroganoff Linguine Peas Sliced Tomato Salad Pineapple	Ravioli Meatballs Steamed Zucchini Salad Fruit Cocktail
January 17 <sup>th</sup> , 2011	January 18 <sup>th</sup> , 2011	January 19 <sup>th</sup> , 2011	January 20 <sup>th</sup> , 2011	January 21 <sup>st</sup> , 2011
<i>Closed for Dr. Martin Luther King Birthday</i>	Meat Loaf Mashed Potatoes Corn Peaches	Fish Sticks Macaroni & Cheese Green Beans Cranberry Juice	Chicken Parmesan Mostaccioli Romaine Salad Tomato Juice Peaches	Sloppy Joe Pasta Salad Corn Orange Juice Fruit Cocktail
January 24 <sup>th</sup> , 2011	January 25 <sup>th</sup> , 2011	January 26 <sup>th</sup> , 2011	January 27 <sup>th</sup> , 2011	January 28 <sup>th</sup> , 2011
Chicken Tenders Macaroni & Cheese Green Beans Romaine Salad Graham Crackers Mandarin Oranges	Hot Beef Mashed Potatoes Green Peas Pineapple	Turkey & Bacon Ranch Wrap Potato Salad Salad Graham Crackers Cranberry Juice	Chicken Francese Pasta Carrots Peaches	Spaghetti & Meatballs Salad Applesauce
<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>				

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