

## West Suburban Senior Services Bellwood and OARS ADHC Congregate Meals Menu

Monday	Tuesday	Wednesday	Thursday	Friday
July 4 <sup>th</sup> , 2011	July 5 <sup>th</sup> , 2011	July 6 <sup>th</sup> , 2011	July 7 <sup>th</sup> , 2011	July 8 <sup>th</sup> , 2011
<i>Closed for Independence Day</i>	Creamy Chicken Wild Rice Broccoli Tomatoes Grapes	Breaded Pork Cutlet Seasoned Greens Pickled Beets Watermelon	Barbecued Ribette Spaghetti Greens Coleslaw Spiced Apples	Smothered Chicken Whole Potatoes Lima Beans Chilled Pears
July 11 <sup>th</sup> , 2011	July 12 <sup>th</sup> , 2011	July 13 <sup>th</sup> , 2011	July 14 <sup>th</sup> , 2011	July 15 <sup>th</sup> , 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 Watermelon
July 18 <sup>th</sup> , 2011	July 19 <sup>th</sup> , 2011	July 20 <sup>th</sup> , 2011	July 21 <sup>st</sup> 2011	July 22 <sup>nd</sup> , 2011
Barbecued Pork Brussels Sprouts Tomatoes & Cucumbers Applesauce	Roasted Chicken Sweet Potatoes Peas Nectarine	Swedish Meatballs Brown Rice Carrots Tossed Salad Apricots	Hot Dog on Bun Potato Salad Cherry-Apple Juice Mandarin Oranges	Salisbury Steak Whipped Potatoes Mixed Vegetables Cantaloupe
July 25 <sup>th</sup> , 2011	July 26 <sup>th</sup> , 2011	July 27 <sup>th</sup> , 2011	July 28 <sup>th</sup> , 2011	July 29 <sup>th</sup> , 2011
Barbecued Chicken Leg Whole Potatoes Zucchini & Tomatoes Plum	Stuffed Green Pepper Peas & Carrots Tossed Salad Fruit Mix	Chicken Fillet on Bun Broccoli Tossed Salad Tropical Fruit	Taco Salad Spanish Rice Black Beans Cantaloupe	Turkey Sweet Potatoes Brussels Sprouts Banana
<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>		
<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.</i>				
<b>The above menu is for the organization's Bellwood Congregate Meal site, Bellwood ADHC site and OARS AHDC site. The Hodgkin's Meal Site on the reverse side.</b>				
<b>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</b>				

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

Monday	Tuesday	Wednesday	Thursday	Friday
July 4 <sup>th</sup> , 2011	July 5 <sup>th</sup> , 2011	July 6 <sup>th</sup> , 2011	July 7 <sup>th</sup> , 2011	July 8 <sup>th</sup> , 2011
<i>Closed for Independence Day.</i>	Breaded Chicken Cutlet Mashed Potatoes Mixed Vegetables Salad	Meat Loaf Mashed Potatoes Green Beans Peaches	Hamburger on Bun Scalloped Potatoes Mixed Vegetables Salad Pears	Eggplant Rolotini Pasta Cottage Cheese Orange Juice Fruit Cocktail
July 11 <sup>th</sup> , 2011	July 12 <sup>th</sup> , 2011	July 13 <sup>th</sup> , 2011	July 14 <sup>th</sup> , 2011	July 15 <sup>th</sup> , 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
July 18 <sup>th</sup> , 2011	July 19 <sup>th</sup> , 2011	July 20 <sup>th</sup> , 2011	July 21 <sup>st</sup> , 2011	July 22 <sup>nd</sup> , 2011
Chicken Salad on Croissant Green Beans Coleslaw Cranberries	Julienne Salad Cottage Cheese Tomato Juice Peaches	Barbecued Beef on Bun Potato Salad Peas Sliced Oranges	Egg Salad on Wheat Bread Carrots Salad Fruit Cocktail	Spaghetti & Meatballs Mixed Vegetables Cottage Cheese & Pears
July 25 <sup>th</sup> , 2011	July 26 <sup>th</sup> , 2011	July 27 <sup>th</sup> , 2011	July 28 <sup>th</sup> , 2011	July 29 <sup>th</sup> , 2011
Italian Sausage & Peppers Pasta Salad Cranberry Juice Mandarin Oranges	Stuffed Green Pepper Buttered Noodles Julienne Salad Pears	Pizza Green Peas Pasta Salad Salad Tropical Fruit	Salisbury Steak with Mushrooms and Grilled Onions Mashed Potatoes Green Beans	Chicken Marsala Roasted Potatoes Mixed Vegetables Apple Sauce
<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>		
<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.</i>				
<p><b>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.</b></p> <p><b>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</b></p>				