

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>			July 1 st , 2010	July 2 nd , 2010
			Chicken Fillet on Bun Broccoli Tossed Salad Tropical Fruit	Polish Sausage on Bread Carrots Pineapple Rings Banana
July 5 th , 2010	July 6 th , 2010	July 7 th , 2010	July 8 th , 2010	July 9 th , 2010
Closed for Independence Day.	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
July 12 th , 2010	July 13 th , 2010	July 14 th , 2010	July 15 th , 2010	July 16 th , 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	Beef Chop Suey Brown Rice Lettuce Salad Honeydew Melon
July 19 th , 2010	July 20 th , 2010	July 21 st , 2010	July 22 nd , 2010	July 23 rd , 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
July 26 th , 2010	July 27 th , 2010	July 28 th , 2010	July 29 th , 2010	July 30 th , 2010
Grecian Chicken Leg Rice Zucchini & Tomatoes Cheery Apple Juice Plum	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
<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>				

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>			July 1 st , 2010	July 2 nd , 2010
			Turkey Club Carrots Salad Cranberries	Hot Beef Mashed Potatoes Green Beans Cranberry Juice
July 5 th , 2010	July 6 th , 2010	July 7 th , 2010	July 8 th , 2010	July 9 th , 2010
Closed for Independence Day.	Hot Turkey Mashed Potatoes Carrots Chicken Rice Soup Cranberries	Sausage & Peppers House Salad Applesauce	Grilled Chicken with Mushrooms Mashed Sweet Potatoes Mixed Vegetables	Broiled Fish Roasted Potato Peas Pasta with Marinara Applesauce
July 12 th , 2010	July 13 th , 2010	July 14 th , 2010	July 15 th , 2010	June 16 th , 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
July 19 th , 2010	July 20 th , 2010	July 21 st , 2010	July 22 nd , 2010	July 23 rd , 2010
Pepper Steak Rice Carrots Applesauce	Chicken Parmesan Pasta Green Beans Salad with Tomatoes Fruit Cocktail	Ham Scalloped Potatoes Carrots Salad Fruit Cake	Beef Stroganoff Noodles Zucchini Romaine Salad Mandarin Oranges Oatmeal Cookie	Chicken Tetrizzini with Pasta Corn Salad Pears
July 26 th , 2010	July 27 th , 2010	July 28 th , 2010	July 29 th , 2010	July 30 th , 2010
Baked Mostaccioli Peas Salad Gelatin with Fruit	Roast Pork Sauerkraut Potato Carrots Fruit	Chicken Salad Macaroni & Cheese Bean Salad Cranberry Juice Tropical Fruit	Meat Loaf Mashed Potatoes Mixed Vegetables Peaches	Chicken Marsala Roasted Potatoes Corn Pears
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The above menu is for the organization's Hodgkin's site.
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on the reverse side.

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712 East Elm, LaGrange respectively.
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