

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

Monday	Tuesday	Wednesday	Thursday	Friday
	June 1 st , 2010	June 2 nd , 2010	June 3 rd , 2010	June 4 th , 2010
	Chicken Fajitas Spanish Rice Black Beans Fruit Mix	Meatballs Spaghetti Green Beans Coleslaw Grapes	Herb Baked Chicken Sweet Potatoes Brussels Sprouts Mandarin Oranges	Hamburger on Bun Broccoli Fresh Melon
June 7 th , 2010	June 8 th , 2010	June 9 th , 2010	June 10 th , 2010	June 11 th , 2010
Meatloaf Whipped Potatoes Cauliflower Pear Halves	Sliced Turkey Mashed Potatoes Herb Stuffing Peas & Carrots Apricot Halves	Barbecued Chicken Rice Pilaf Okra & Tomatoes Cucumbers and Dressing Grapes	Smothered Steak Whole Potatoes Green Beans Apricot Halves	Seafood Salad on Bun Mixed Vegetables Fresh Melon
June 14 th , 2010	June 15 th , 2010	June 16 th , 2010	June 17 th , 2010	June 18 th , 2010
Beef Stew Rice Pilaf Tossed Salad Pineapple Chunks	Roasted Chicken Whole Potatoes California Vegetables Pear Halves	Barbecued Roast Pork Spaghetti Mixed Greens Black Bean Salad Banana	Sloppy Joe on Bun Mixed Vegetables Tomatoes & Dressing Apricot Halves Cookie	Stuffed Green Pepper Carrots Pineapple Juice Fresh Pear
June 21 st , 2010	June 22 nd , 2010	June 23 rd , 2010	June 24 th , 2010	June 25 th , 2010
Stuffed Cabbage Green Beans Pear Salad Mandarin Oranges	Swedish Meatballs White Rice Broccoli Tossed Salad Tropical Fruit	Beef Hot Dog on Bun Carrots Three Bean Salad Cantaloupe	Chicken Breast Brown Rice California Vegetables Apple Juice Peach Halves	Stuffed Shells Italian Blend Vegetables Tossed Salad Banana
June 28 th , 2010	June 29 th , 2010	June 30 th , 2010	<i>All meals include 2% milk, bread, coffee, and margarine. Each meal meets 1/3 of the Recommended RDA and DRI Requirements.</i>	
Salisbury Steak Mashed Potatoes Green Peas Tropical Fruit	Chicken Fajitas Spanish Rice Black Beans Fruit Mix	Meatballs Spaghetti Green Beans Coleslaw Grapes		
<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
	June 1 st , 2010	June 2 nd , 2010	June 3 rd , 2010	June 4 th , 2010
	Meatloaf Mashed Potatoes Mixed Vegetables Peaches	Barbecued Chicken Breast Roasted Potatoes Corn	Turkey Club Carrots Salad Cranberries	Hot Beef Mashed Potatoes Green Beans Cranberry Juice
June 7 th , 2010	June 8 th , 2010	June 9 th , 2010	June 10 th , 2010	June 11 th , 2010
Pizza Julienne Salad Three-Bean Salad Mandarin Oranges	Hot Turkey Mashed Potatoes Carrots Chicken Rice Soup Cranberries	Sausage & Peppers House Salad Applesauce	Grilled Chicken with Mushrooms Mashed Sweet Potatoes Mixed Vegetables Tropical Fruit	Broiled Fish Roasted Potato Peas Applesauce
June 14 th , 2010	June 15 th , 2010	June 16 th , 2010	June 17 th , 2010	June 18 th , 2010
Mostaccioli Marinara Meatball Mixed Vegetables Caesar Salad	Chicken Fajita Tortilla Mexican Rice Corn Applesauce	Cabbage Roll Romaine Salad Pears	Egg Salad on Bread Salad Orange Juice Apricots	Lemon Chicken Garlic Potatoes Green Beans Fruit Cocktail
June 21 st , 2010	June 22 nd , 2010	June 23 rd , 2010	June 24 th , 2010	June 25 th , 2010
Pepper Steak Rice Carrots Applesauce	Chicken Parmesan Pasta Green Beans Salad with Tomatoes Fruit Cocktail	Ham Scalloped Potatoes Carrots Salad Fruit	Beef Stroganoff Noodles Zucchini Romaine Salad Mandarin Oranges	Hot Dog or Hamburger Baked Beans Potato Salad Coleslaw Fresh Fruit
June 28 th , 2010	June 29 th , 2010	June 30 th , 2010	<i>All meals include 2% milk, bread, coffee, and margarine. Each meal meets 1/3 of the Recommended RDA and DRI Requirements.</i>	
Baked Mostaccioli Peas Salad Gelatin with Fruit	Roast Pork Sauerkraut Potato Carrots Fruit	Chicken Salad Macaroni & Cheese Bean Salad Cranberry Juice Tropical Fruit		

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 Hodgkin's site.
The Bellwood site, ADHC Bellwood ADHC site and OARS AHDC site is
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