

West Suburban Senior Services Bellwood and OARS ADHC Congregate Meals Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<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>	June 1 st , 2011	June 2 nd , 2011	June 3 rd , 2011
		Chicken Fajitas Spanish Rice Black Beans Fruit Mix	Polish Sausage on Bun Broccoli Cream of Potato	Herb Baked Chicken Sweet Potatoes Brussels Sprouts Mandarin Oranges
June 6 th , 2011	June 7 th , 2011	June 8 th , 2011	June 9 th , 2011	June 10 th , 2011
Meatloaf Whipped Potatoes Cauliflower Pear Halves	Turkey Mashed Potatoes Herb Stuffing Peas & Carrots Apricot Halves	Grecian Chicken Rice Pilaf Okra & Tomatoes Cucumbers Grapes	Tuna Salad on Bun Mixed Vegetables Cream of Broccoli Soup Applesauce	Smothered Steak Whole Potatoes Green Beans Fresh Melon
June 13 th , 2011	June 14 th , 2011	June 15 th , 2011	June 16 th , 2011	June 17 th , 2011
Beef Stew Tossed Salad Pineapple Chunks	Roasted Chicken Whole Potatoes California Vegetables Pear Halves	Roast Pork Spaghetti Mixed Greens Bean Salad Banana	Barbecued Chicken Fillet on Bun Mixed Vegetables Tomatoes & Dressing	Stuffed Green Pepper Carrots Pineapple Juice Pear Halves.
June 20 th , 2011	June 21 st , 2011	June 22 nd , 2011	June 23 rd , 2011	June 24 th , 2011
Stuffed Cabbage Green Beans Cherry/Apple Juice Mandarin Oranges	Sweet / Sour Chicken White Rice Broccoli Tossed Salad	Beef Hot Dog on Bun Carrots Three-Bean Salad Cantaloupe	Chicken Leg Quarter Mashed Potatoes California Vegetables Peach Halves	Spinach Lasagna Italian Vegetables Tossed Salad Banana
June 27 th , 2011	June 28 th , 2011	June 29 th , 2011	June 30 th , 2011	
Salisbury Steak Mashed Potatoes Green Peas Tropical Fruit	Spaghetti Meatballs Green Beans Coleslaw Grapes	Chicken Fajitas Spanish Rice Black Beans Fruit Mix	Polish Sausage on Bun Broccoli Cream of Potato Melon	

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 Congregate Meal site, 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 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<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>	June 1 st , 2011	June 2 nd , 2011	June 3 rd , 2011
		Italian Sausage Pasta Salad Cranberry Juice Mandarin Oranges	Beef Stroganoff Linguine Peas Sliced Tomato Salad	Chicken Kabob Rice Steamed Zucchini Salad
June 6 th , 2011	June 7 th , 2011	June 8 th , 2011	June 9 th , 2011	June 10 th , 2011
Chicken Marsala Roasted Potatoes Carrots Applesauce	Chicken Cacciatore Pasta Green Peas Caesar Salad	Meat Loaf Mashed Potatoes Green Beans Peaches	Ham Scalloped Potatoes Mixed Vegetables Salad	Eggplant Rolotini Pasta Cottage Cheese Orange Juice
June 13 th , 2011	June 14 th , 2011	June 15 th , 2011	June 16 th , 2011	June 17 th , 2011
Polish Sausage 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
June 20 th , 2011	June 21 st , 2011	June 22 nd , 2011	June 23 rd , 2011	June 24 th , 2011
Chicken Salad on Croissant Coleslaw Green Beans Cranberries	Chicken Parmesan Mostaccioli Romaine Salad Tomato Juice Peaches	Barbecued Beef on Bun Potato Salad Peas Sliced Oranges	Chicken Tetrazini Carrots Salad Fruit Cocktail	Sweet & Sour Chicken Rice Mixed Vegetables Cottage Cheese
June 27 th , 2011	June 29 th , 2011	June 29 th , 2011	June 30 th , 2011	
Breaded Chicken Cutlet Mashed Potatoes Mixed Vegetables Salad	Stuffed Green Pepper Buttered Noodles Julienne Salad Pears	Pizza Steamed Zucchini Pasta Salad Salad Tropical Fruit	Salisbury Steak with Mushrooms and Grilled Onions Mashed Potatoes Green Beans	

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**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.**

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712 East Elm, LaGrange respectively.
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