

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

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Each meal meets 1/3 of the Recommended RDA and DRI Requirements</i>	March 1 st , 2011	March 2 nd , 2011	March 3 rd , 2011	March 4 th , 2011
	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
March 7 th , 2011	March 8 th , 2011	March 9 th , 2011	March 10 th , 2011	March 11 th , 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
March 14 th , 2011	March 15 th , 2011	March 16 th , 2011	March 17 th , 2011	March 18 th , 2011
Stuffed Cabbage Roll Wax Beans Lettuce Wedge Pear Halves	Barbecued Chicken Leg Mashed Potatoes Green Peas	Breaded Pork Cutlet Mashed Potatoes Green Beans Apricot Halves	Corned Beef Boiled Potatoes Cabbage Fruited Jello	Meatloaf Peas & Carrots Tossed Salad Applesauce
March 21 st , 2011	March 22 nd , 2011	March 23 rd , 2011	March 24 th , 2011	March 25 th , 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
March 28 th , 2011	March 29 th , 2011	March 30 th , 2011	March 31 st , 2011	<i>All meals include 2% milk, bread, coffee, and margarine</i>
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	

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 63rd, Hodgkins
(708) 547-5600

West Suburban Senior Services Hodgkin's Congregate Meals Programs

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Each meal meets 1/3 of the Recommended RDA and DRI Requirements</i>	March 1 st , 2011	March 2 nd , 2011	March 3 rd , 2011	March 4 th , 2011
	Tuna Noodle Casserole Green Beans Salad Peaches	Barbecued Beef on Bun Potato Salad Bean Salad Sliced Oranges	Chicken Tetrazini Carrots Salad Fruit Cocktail	Turkey Club Sandwich Coleslaw Minestrone Soup Cranberry Juice
March 7 th , 2011	March 8 th , 2011	March 9 th , 2011	March 10 th , 2011	March 11 th , 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
March 14 th , 2011	March 15 th , 2011	March 16 th , 2011	March 17 th , 2011	March 18 th , 2011
Chili Mac Carrots Cranberry Juice Applesauce	Chicken Cacciatore Pasta Green Peas Caesar Salad Pineapple	Meat Loaf Mashed Potatoes Green Beans Peaches	Corned Beef Cabbage Boiled Potatoes Carrots Cranberry Juice	Sloppy Joe on Bun Bean Salad Corn Orange Juice Fruit Cocktail
March 21 st , 2011	March 22 nd , 2011	March 23 rd , 2011	March 24 th , 2011	March 25 th , 2011
Chicken Tenders Macaroni & Cheese Green Beans Romaine Salad Mandarin Oranges	Hot Beef Mashed Potatoes Green Peas Pineapple	Turkey & Bacon Ranch Wrap Potato Salad Salad Cranberry Juice	Chicken Francese Pasta Carrots Bean Salad Peaches	Spaghetti & Meatballs Steamed Zucchini Salad Applesauce
March 28 th , 2011	March 29 th , 2011	March 30 th , 2011	March 31 st , 2011	<i>All meals include 2% milk, bread, coffee, and margarine</i>
Roast Pork Sauerkraut Potatoes Green Beans	Chicken Parmesan Mostaccioli Romaine Salad Tomato Juice	Barbecued Beef on Bun Potato Salad Bean Salad	Chicken Tetrazini Carrots Salad Fruit Cocktail	

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