

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

Monday	Tuesday	Wednesday	Thursday	Friday
May 2 <sup>nd</sup> , 2011	May 3 <sup>rd</sup> , 2011	May 4 <sup>th</sup> , 2011	May 5 <sup>th</sup> , 2011	May 6 <sup>th</sup> , 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	Herb Baked Chicken Sweet Potatoes Brussels Sprouts Mandarin Oranges
May 9 <sup>th</sup> , 2011	May 10 <sup>th</sup> , 2011	May 11 <sup>th</sup> , 2011	May 12 <sup>th</sup> , 2011	May 13 <sup>th</sup> , 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	Seasoned Chicken Whole Potatoes Green Beans Salad Pound Cake
May 16 <sup>th</sup> , 2011	May 17 <sup>th</sup> , 2011	May 18 <sup>th</sup> , 2011	May 19 <sup>th</sup> , 2011	May 20 <sup>th</sup> , 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 Apricot Halves	Stuffed Green Pepper Carrots Pineapple Juice Pear Halves
May 23 <sup>rd</sup> , 2011	May 24 <sup>th</sup> , 2011	May 25 <sup>th</sup> , 2011	May 26 <sup>th</sup> , 2011	May 27 <sup>th</sup> , 2011
Stuffed Cabbage Green Beans Cherry/Apple Juice Mandarin Oranges	Sweet / Sour Chicken White Rice Broccoli Tossed Salad Tropical Fruit	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
May 30 <sup>th</sup> , 2011	May 31 <sup>st</sup> , 2011	<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>Closed for Memorial Day</i>	Spaghetti Meatballs Green Beans Coleslaw			

*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 63<sup>rd</sup>, Hodgkins  
(708) 547-5600

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

Monday	Tuesday	Wednesday	Thursday	Friday
May 2 <sup>nd</sup> , 2011	May 3 <sup>rd</sup> , 2011	May 4 <sup>th</sup> , 2011	May 5 <sup>th</sup> , 2011	May 6 <sup>th</sup> , 2011
Stuffed Green Pepper Buttered Noodles Julienne Salad Pears	Hot Dog Baked Beans Salad Tropical Fruit	Italian Sausage Pasta Salad Cranberry Juice Mandarin Oranges	Beef Stroganoff Linguine Peas Sliced Tomato Salad Pineapple	Egg & Pepper Sandwich Steamed Zucchini Salad Fruit Cocktail
May 9 <sup>th</sup> , 2011	May 10 <sup>th</sup> , 2011	May 11 <sup>th</sup> , 2011	May 12 <sup>th</sup> , 2011	May 13 <sup>th</sup> , 2011
Chicken Marsala Roasted Potatoes Carrots Applesauce	Chicken Cacciatore Pasta Green Peas Caesar Salad Pineapple	Meat Loaf Mashed Potatoes Green Beans Peaches	Ham Scalloped Potatoes Mixed Vegetables Salad Pears	Eggplant Rolotini Pasta Cottage Cheese Orange Juice Fruit Cocktail
May 16 <sup>th</sup> , 2011	May 17 <sup>th</sup> , 2011	May 18 <sup>th</sup> , 2011	May 19 <sup>th</sup> , 2011	May 20 <sup>th</sup> , 2011
Polish Sausage Sauerkraut Green Beans Romaine Salad Mandarin Oranges	Hot Beef Mashed Potatoes Green Peas Pineapple	Pepper Steak Rice Ginger Snap Peas Salad Pears	Chicken Francese Pasta Carrots Cottage Cheese Peaches	Tuna Noodle Casserole Mixed Vegetables Potato Salad Cranberry Juice
May 23 <sup>rd</sup> , 2011	May 24 <sup>th</sup> , 2011	May 25 <sup>th</sup> , 2011	May 26 <sup>th</sup> , 2011	May 27 <sup>th</sup> , 2011
Roast Pork Sauerkraut Potatoes Green Beans Cranberries	Chicken Parmesan Mostaccioli Romaine Salad Tomato Juice Peaches	Barbecued Beef on Bun Potato Salad Baked Beans Sliced Oranges	Chicken Tetrazini Carrots Salad Fruit Cocktail	Cheese Pizza Pasta Salad Julienne Salad Cottage Cheese Pears
May 30 <sup>th</sup> , 2011	May 31 <sup>st</sup> , 2011	<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>Closed for Memorial Day</i>	Chicken Cutlet on Roll Baked Beans Salad Tropical Fruit			

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The Bellwood Congregate Meal site, ADHC Bellwood ADHC site and OARS AHDC site  
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