

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

Monday	Tuesday	Wednesday	Thursday	Friday
November 1 st , 2010	November 2 nd , 2010	November 3 rd , 2010	November 4 th , 2010	November 5 th , 2010
Beef Stew Brown Rice Spinach Honeydew Melon	Chicken Quarter Sweet Potatoes Broccoli Orange Juice Pound Cake	Salisbury Steak Whipped Potatoes Three-Bean Salad Fruit Cocktail	Chicken Marinara on Bun Green Beans Tossed Salad Pineapple Chunks	Stuffed Green Pepper Carrots Pineapple Juice Grapes
November 8 th , 2010	November 9 th , 2010	November 10 th , 2010	November 11 th , 2010	November 12 th , 2010
Pepper Steak Brown Rice Mixed Vegetables Cucumbers Applesauce	Chicken Cacciatore Whole Potatoes Carrots Graham Crackers Grapes	Roast Pork Sweet Potatoes Black-eyed Peas Apricot Halves	Swedish Meatballs Mashed Potatoes Peas & Corn Carrot Sticks Oatmeal Cookie	Chicken Salad on Bun Pickled Cucumbers Fruited Gelatin
November 15 th , 2010	November 16 th , 2010	November 17 th , 2010	November 18 th , 2010	November 19 th , 2010
Baked Chicken Mashed Potatoes Green Beans Chilled Peaches	Beef Hot Dog on Bun Peas & Carrots Tomatoes & Lettuce Fresh Melon	Stuffed Cabbage Roll Mixed Vegetables Fruit Juice Mandarin Oranges	Roasted Turkey Sweet Potatoes Cornbread Dressing Green Peas Pumpkin Pie	Spaghetti & Meatballs Italian Vegetables Tossed Salad Grapes
November 22 nd , 2010	November 23 rd , 2010	November 24 th , 2010	November 25 th , 2010	November 26 th , 2010
Spinach Lasagna Green Beans Tossed Salad Applesauce	Grecian Chicken Brown Rice Three-Bean Salad Tropical Fruit	Cheeseburger on Bun Broccoli Cantaloupe	<i>Closed for the Thanksgiving Holiday.</i>	<i>Closed for the Thanksgiving Holiday.</i>
November 29 th , 2010	November 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>		
Beef Stew Brown Rice Spinach Honeydew Melon	Chicken Quarter Sweet Potatoes Broccoli Orange Juice Pound Cake			

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
November 1 st , 2010	November 2 nd , 2010	November 3 rd , 2010	November 4 th , 2010	November 5 th , 2010
Eggplant Rolatini Spaghetti with Marinara Salad Cranberry Juice	Chicken Marsala Roasted Potatoes Green Beans Graham Crackers Pineapple	Barbecued Beef on Italian Bread Three Bean Salad Coleslaw Sliced Oranges	Chicken Tetrazini Carrots Salad Fruit Cocktail	Turkey Club Minestrone Soup Three-Bean Salad Sliced Oranges
November 8 th , 2010	November 9 th , 2010	November 10 th , 2010	November 11 th , 2010	November 12 th , 2010
Stuffed Green Peppers Fettucine Alfredo Salad Peaches	Chicken ala King Rice Broccoli Salad Orange Juice	Ham Cheddar Ranch Wrap Macaroni Salad Baked Beans Cranberry Juice Mandarin Oranges	Beef Stroganoff Linguine Peas Tomato Salad Graham Crackers Pineapple	Raviloi Meatballs Zucchini Salad Fruit Cocktail
November 15 th , 2010	November 16 th , 2010	November 17 th , 2010	November 18 th , 2010	November 19 th , 2010
Swedish Meatballs Linguine Carrots Cranberry Juice Applesauce	Chicken Parmesean Mostaccioll Romaine Salad Tomato Juice Peaches	Polish Sausage Sauerkraut Potato Apple Juice	Turkey Stuffing Green Beans Cranberries	Beef Taco Mexican Rice Corn Orange Juice Fruit Cocktail
November 22 nd , 2010	November 23 rd , 2010	November 24 th , 2010	November 25 th , 2010	November 26 th , 2010
Chicken Tenders Macaroni & Cheese Green Beans Salad Graham Crackers	Hot Beef Mashed Potatoes Peas Pineapple	Chicken Francese Side of Pasta Carrots Three-Bean Salad Peaches	<i>Closed for the Thanksgiving Holiday.</i>	<i>Closed for the Thanksgiving Holiday.</i>
November 29 th , 2010	November 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>		
Roast Pork Sauerkraut Potatoes Broccoli Graham Crackers Apple Juice	Breaded Pork Tenderloin Mashed Potatoes Green Peas Apple Juice			

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