

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

Monday	Tuesday	Wednesday	Thursday	Friday
<i>All meals include 2% milk, bread, coffee, and margarine. Each meal meets 1/3 of the Recommended RDA and DRI Requirements.</i>				October 1 <sup>st</sup> , 2010
				Barbecued Pork Ribbette Macaroni & Cheese Mixed Greens Coleslaw
October 4 <sup>th</sup> , 2010	October 5 <sup>th</sup> , 2010	October 6 <sup>th</sup> , 2010	October 7 <sup>th</sup> , 2010	October 8 <sup>th</sup> , 2010
Beef Stew Brown Rice Spinach Honeydew Melon	Chicken Quarter Sweet Potatoes Broccoli Orange Juice Pound Cake	Salisbury Steak Whipped Potatoes Wax Beans Fruit Cocktail	Chicken Marinara on Bun Green Beans Tossed Salad Pineapple Chunks	Stuffed Green Pepper Carrots Pineapple Juice Grapes
October 11 <sup>th</sup> , 2010	October 12 <sup>th</sup> , 2010	October 13 <sup>th</sup> , 2010	October 14 <sup>th</sup> , 2010	October 15 <sup>th</sup> , 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
October 18 <sup>th</sup> , 2010	October 19 <sup>th</sup> , 2010	October 20 <sup>th</sup> , 2010	October 21 <sup>st</sup> , 2010	October 22 <sup>nd</sup> , 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	Creamy Chicken Stew Rice Pilaf Brussels Sprouts	Spaghetti & Meatballs Italian Vegetables Tossed Salad Grapes
October 25 <sup>th</sup> , 2010	October 26 <sup>th</sup> , 2010	October 27 <sup>th</sup> , 2010	October 28 <sup>th</sup> , 2010	October 29 <sup>th</sup> , 2010
Meatloaf Whipped Potatoes Green Peas Applesauce	Creamy Chicken Wild Rice Broccoli Tomatoes Grapes	Cheeseburger on Bun Potato Salad Watermelon	Swedish Meatballs Brown Rice Carrots Tossed Salad Apricots	Barbecued Ribbette Scalloped Potatoes Mixed Greens Creamy Coleslaw Chocolate Cake
<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 63<sup>rd</sup>, Hodgkins  
 (708) 547-5600

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

Monday	Tuesday	Wednesday	Thursday	Friday
<i>All meals include 2% milk, bread, coffee, and margarine. Each meal meets 1/3 of the Recommended RDA and DRI Requirements</i>				October 1 <sup>st</sup> , 2010  Tuna Noodle Casserole Salad Peaches
October 4 <sup>th</sup> , 2010	October 5 <sup>th</sup> , 2010	October 6 <sup>th</sup> , 2010	October 7 <sup>th</sup> , 2010	October 8 <sup>th</sup> , 2010
Eggplant Rolatini Spaghetti with Marinara Cranberry Juice	Chicken Marsala Roasted Potatoes Green Beans Graham Crackers Pineapple	Barbecued Beef on Italian Bread Potato Salad Coleslaw Sliced Oranges	Chicken Tetrazini Carrots Salad Fruit Cocktail	Polish Sausage Potato Sauerkraut Apple Juice
October 11 <sup>th</sup> , 2010	October 12 <sup>th</sup> , 2010	October 13 <sup>th</sup> , 2010	October 14 <sup>th</sup> , 2010	October 15 <sup>th</sup> , 2010
Stuffed Green Peppers Fettucine Alfredo Peaches	Chicken ala King Rice Salad Orange Juice	Ham Cheddar Ranch Wrap Macaroni Salad Baked Beans Mandarin Oranges	Beef Stroganoff Linguine Peas Graham Crackers Pineapple	Raviloi Meatballs Salad Fruit Cocktail
October 18 <sup>th</sup> , 2010	October 19 <sup>th</sup> , 2010	October 20 <sup>th</sup> , 2010	October 21 <sup>st</sup> , 2010	October 22 <sup>nd</sup> , 2010
Swedish Meatballs Linguine Carrots Cranberry Juice	Chicken Parmesean Mostaccioli Romaine Salad Peaches	Turkey Club Sandwich Three-Bean Salad Minestrone Soup Sliced Oranges	Breaded Pork Tenderloin Mashed Potatoes Apple Juice	Beef Taco Mexican Rice Corn Fruit Cocktail
October 25 <sup>th</sup> , 2010	October 26 <sup>th</sup> , 2010	October 27 <sup>th</sup> , 2010	October 28 <sup>th</sup> , 2010	October 29 <sup>th</sup> , 2010
Chicken Tenders Macaroni & Cheese Green Beans Graham Crackers Mandarin Oranges	Hot Beef Mashed Potatoes Peas Pineapple	Chicken Francese Vesuvio Potatoes Carrots Salad Peaches	Roast Pork Sauerkraut Potatoes Broccoli Apple Juice	Roast Pork Sauerkraut Potatoes Broccoli Apple Juice

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on the reverse side.

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