

West Suburban Senior Services Bellwood and OARS ADHC Congregate Meals Menu

Monday	Tuesday	Wednesday	Thursday	Friday
October 3 rd , 2011	October 4 th , 2011	October 5 th , 2011	October 6 th , 2011	October 7 th , 2011
Beef Stew Spinach Honeydew Melon	Chicken Leg Sweet Potato Broccoli Three-Bean Salad Pound Cake	Salisbury Steak Whipped Potatoes Wax Beans Fruit Cocktail	Chicken Marinara on Bun Green Beans Tossed Salad Pineapple Chunks	Sliced Turkey Mashed Potatoes Herb Stuffing Carrots Grapes
October 10 th , 2011	October 11 th , 2011	October 12 th , 2011	October 13 th , 2011	October 14 th , 2011
Pepper Steak Brown Rice Mixed Vegetables Cucumbers Applesauce	Chicken Cacciatore Whole Potatoes Carrots Grapes Graham Crackers	Roast Pork Sweet Potatoes Black-eyed Peas Apricot Halves Oatmeal Cookie	Swedish Meatballs Mashed Potatoes Peas & Corn Grapes Pound Cake	Chicken Salad on Bun Pickled Cucumbers Carrot-Raisin Salad Tomato-Rice Soup Fruit Mix
October 17 th , 2011	October 18 th , 2011	October 19 th , 2011	October 20 th , 2011	October 21 st , 2011
Baked Chicken Mashed Potatoes Green Beans Peach Halves	Hot Dog on Bun Potato Salad Broccoli Melon	Stuffed Cabbage Roll Mixed Vegetables Fruit Juice Mandarin Oranges	Creamy Chicken Stew Rice Pilaf Brussels Sprouts Pineapple Chunks	Spaghetti & Meatballs Italian Vegetables Tossed Salad Grapes
October 24 th , 2011	October 25 th , 2011	October 26 th , 2011	October 27 th , 2011	October 28 th , 2011
Spinach Lasagna Green Beans Tossed Salad Applesauce	Grecian Chicken Rice Pilaf Carrots Three-Bean Salad Tropical Fruit	Cheeseburger on Bun Potato Salad Cream of Broccoli Soup Cantaloupe	Meatballs Mashed Potatoes Mixed Vegetables Banana	Beef Stew Spinach Honeydew Melon
<i>All meals include 2% milk, bread, coffee and margarine.</i>		<i>Each meal meets 1/3 of the RDA and DRI Requirements</i>	<i>Happy Halloween!</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.

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
October 3 rd , 2011	October 4 th , 2011	October 5 th , 2011	October 6 th , 2011	October 7 th , 2011
Hot Dog on Bun Chili Green Beans Potato Salad Mandarin Oranges	Hot Beef Mashed Potatoes Green Peas Pineapple	Chicken Stir Fry Rice Ginger Snap Peas Salad Pears	Chicken Francese Pasta Carrots Broccoli Salad Peaches	Tuna Noodle Casserole Mixed Vegetables Salad Cranberry Juice
October 10 th , 2011	October 11 th , 2011	October 12 th , 2011	October 13 th , 2011	October 14 th , 2011
Roast Pork Sauerkraut Mashed Sweet Potatoes Apple Juice	Chicken ala King Rice Zucchini Peaches Tomato Juice	Barbecued Beef on Bun Potato Salad Peas Sliced Oranges	Salisbury Steak Mashed Potatoes Pea & Bean Salad	Spaghetti & Meatballs Mixed Vegetables Cottage Cheese Cranberry Juice
October 17 th , 2011	October 18 th , 2011	October 19 th , 2011	October 20 th , 2011	October 21 st , 2011
Italian Sausage Pasta Salad Mandarin Oranges Cranberry Juice	Chicken Parmesean Mostaccioli Peas Salad	Pizza Green Peas Pasta Salad Salad	Turkey Club Carrots Salad Cream of Chicken	Chicken Marsala Roasted Potatoes Mixed Vegetables Apple Sauce
October 24 th , 2011	October 25 th , 2011	October 26 th , 2011	October 27 th , 2011	October 28 th , 2011
Chicken Kabob Rice Steamed Zucchini Salad Mandarin Oranges	Julienne Salad Pasta Salad Minestrone Soup Pears	Meat Loaf Mashed Potatoes Green Beans Cranberry Juice	Eggplant Rolotini Farfalle Graham Crackers Fruit Cocktail	Chicken Fingers Macaroni & Cheese Corn Cottage Cheese Peaches
<i>All meals include 2% milk, bread, coffee and margarine</i>		<i>Each meal meets 1/3 of the RDA and DRI Requirements.</i>	<i>Happy Halloween!</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.

**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.**

**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**