

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>		September 1 st , 2010	September 2 nd , 2010	September 3 rd , 2010
		Cheeseburger on Bun Potato Salad Watermelon	Swedish Meatballs Brown Rice Carrots Tossed Salad Apricots	Smothered Chicken Breast Whole Potatoes Lima Beans Chilled Pears
September 6 th , 2010	September 7 th , 2010	September 8 th , 2010	September 9 th , 2010	September 10 th , 2010
<i>Closed for Labor Day</i>	Beef Hot Dog on Bun Potato Salad Baked Beans Mandarin Oranges	Baked Chicken Brown Rice Succotash Apple Juice Pineapple	Barbecued Ribette Spaghetti Greens Coleslaw Peach Halves	Lasagna Carrots Lettuce Salad Honeydew Melon
September 13 th , 2010	September 14 th , 2010	September 15 th , 2010	September 16 th , 2010	September 17 th , 2010
Barbecued Pork Brussels Sprouts Cucumbers Applesauce	Roasted Chicken Sweet Potatoes Peas Nectarine	Meatball Sandwich Italian Vegetables Tossed Salad Honeydew Melon	Tuna Salad on Bun Three Bean Salad Watermelon	Salisbury Steak Whipped Potatoes Mixed Vegetables Cantaloupe
September 20 th , 2010	September 21 st , 2010	September 22 nd , 2010	September 23 rd , 2010	September 24 th , 2010
Grecian Chicken Leg Rice Zucchini & Tomatoes Plum	Stuffed Green Pepper Peas & Carrots Tossed Salad Fruit Mix	Taco Salad Spanish Rice Beans Cantaloupe	Chicken Fillet on Bun Broccoli Tossed Salad	Polish Sausage on Bun Carrots Pineapple Rings Banana
September 27 th , 2010	September 28 th , 2010	September 29 th , 2010	September 30 th , 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	

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>All meals include 2% milk, bread, coffee, and margarine. Each meal meets 1/3 of the Recommended RDA and DRI Requirements</i>		September 1 st , 2010	September 2 nd , 2010	September 3 rd , 2010
		Sausage & Peppers House Salad Applesauce	Grilled Chicken with Mushrooms Mashed Sweet Potatoes Mixed Vegetables	Broiled Fish Roasted Potato Peas Pasta with Marinara Applesauce
September 6 th , 2010	September 7 th , 2010	September 8 th , 2010	September 9 th , 2010	September 10 th , 2010
<i>Closed for Labor Day</i>	Chicken Fajita Tortilla Mexican Rice Corn Applesauce	Cabbage Roll Pasta Romaine Salad Pears	Egg Salad on Bread Salad Orange Juice Apricots	Lemon Chicken Garlic Potatoes Green Beans Fruit Cocktail
September 13 th , 2010	September 14 th , 2010	September 15 th , 2010	September 16 th , 2010	September 17 th , 2010
Pepper Steak Rice Carrots Applesauce	Chicken Parmesan Pasta Green Beans Salad with Tomatoes Fruit Cocktail	Ham Scalloped Potatoes Carrots Salad Fruit	Beef Stroganoff Noodles Zucchini Romaine Salad Mandarin Oranges	Chicken Tetrizzini with Pasta Corn Salad Pears
September 20 th , 2010	September 21 st , 2010	September 22 nd , 2010	September 23 rd , 2010	September 24 th , 2010
Baked Mostaccioli Peas Salad Gelatin with Fruit	Roast Pork Sauerkraut Potato Carrots	Chicken Salad Macaroni & Cheese Bean Salad	Meat Loaf Mashed Potatoes Mixed Vegetables Peaches	Chicken Marsala Roasted Potatoes Corn Pears
September 27 th , 2010	September 28 th , 2010	September 29 th , 2010	September 30 th , 2010	
Pizza Julienne Salad Three-Bean Salad Mandarin Oranges	Turkey Club Carrots Salad Cranberries	Mostaccioli Meatball Mixed Vegetables Caesar Salad	Hot Beef Mashed Potatoes Green Beans Cranberry Juice	
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on the reverse side.

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