



Oak Park Township Senior Lunch Program

DECEMBER 2018

Dining Hours:
Monday-Friday:
11:00AM-1:00PM

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
POLISH SAUSAGE W/ ONIONS; SCALLOPED POTATOES, PEAS, BUN, FRUIT COCKTAIL	CHICKEN ALA KING; MIXED VEGGIES, BROWN RICE, MUSHROOM SALAD, ROLL, FRUIT JUICE	PORK SCHNITZEL W/ GRAVY, SPATZLE DUMPLINGS, RED CABBAGE, BEETS, APPLE, ROLL	TILAPIA W/BUTTER SAUCE;ALT:MEDITERRANEAN LEMON CHICKEN, POTATO, MIXED VEGGIES,TROPICAL FRUIT, ROLL	BBQ BEEF; SWEET POTATOES, CORN, ROLL, FRUIT SALAD
10	11	12	13	14
CABBAGE ROLLS; GARLIC POTATOES, CARROTS, ROLL, PEARS, MUFFIN	PORK LOIN W/ GRAVY; PASTA, GREEN BEANS,FRUIT JUICE,ORANGES, ROLL	MEATBALLS W/ MUSHROOMS; BROWN RICE, PEAS &CARROTS,COLESLAW,WHEAT ROLL,PEAR	PRIME RIB W/ AU JUS; MASHED POTATO, GREEN BEANS,ROLL, GRAHAM CRACKER, PEACHES	MEDITERRANEAN WHITE FISH W/ LEMON SAUCE; ALT:ITALIAN CHICKEN W/MARINARA, POTATO, MIXED VEGGIES, ROLL, PINEAPPLE
17	18	19	20	21
BAKED HAM W/ PINEAPPLE GLAZE; CARROTS, AUGRATIN POTATO, BREAD, GRANOLA BAR, FRUIT COCKTAIL	WHITE FISH W/ CITRUS SAUCE; ALT: TURKEY POT ROAST W/ STEW VEGGIES, MASHED POTATO, ROLL, PINEAPPLE	TACO BEEF; RICE, CORN, TOSSED SALAD, TORTILLA, ORANGE	BBQ MEATBALLS; BROWN RICE, PEAS, VEGGIE SALAD, BREAD, FRUIT SALAD	HAM; SCALLOPED POTATOES, GREEN SALAD, PEACHES, BUN
24	25	26	27	28
CHRISTMAS HOLIDAY: OAK PARK TOWNSHIP IS CLOSED	CHRISTMAS HOLIDAY: OAK PARK TOWNSHIP IS CLOSED	SMOKED PULLED PORK W/ BUN; BLACK BEANS,CORN CASSEROLE,FRUIT COCKTAIL	TILAPIA W/BUTTER SAUCE; ALT: CHICKEN W/ CAJUN CREAM SAUCE, POTATO, NORTHERN BEANS W/ SPINACH, PEACHES, BUN	MEATLOAF; AUGRATIN POTATO, GREEN BEANS, RYE BREAD,APPLE,MUFFIN
31				
TURKEY TETRAZINI; NOODLES, SPRING VEGETABLES,COLESLAW, PINEAPPLE, ROLL			SUGGESTED MEAL CONTRIBUTION: \$1.50	

Menu items are subject to change. Whole Fresh Fruit will be served for diabetic meals as a substitute for dessert. All meals served with 2% or Skim Milk.

Oak Park Township Senior Services, 130 S. Oak Park Avenue, Oak Park, (708)383-8060.