



# Oak Park Township Senior Lunch Program

## AUGUST 2019

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

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>SUGGESTED MEAL CONTRIBUTION: \$1.50</b>		1	2
			<b>CHEESE RAVIOLI &amp; MEATBALLS W/ VODKA SAUCE; MIXED VEGGIES, SLICED APPLES, BREAD</b>	<b>WHITE FISH W/ DILL SAUCE, ALT: PESTO CHICKEN W/ CREAM SAUCE; SUCCOTASH, RICE PILAF, BEAN SALAD, JUICE, ROLL</b>
5	6	7	8	9
<b>PORKCHOP W/ MUSHROOM GRAVY; AUGRATIN POTATO, DILL CARROTS, APPLESAUCE, BREAD, COOKIE</b>	<b>POLISH SAUSAGE; POTATO SALAD, BAKED BEANS, PINEAPPLE</b>	<b>CHICKEN CACCIATORE; PEAS &amp; PEARL ONIONS, PASTA, COLESLAW, ORANGE, ROLL</b>	<b>FISH TACO W/ BUTTER SAUCE, ALT: BEEF TACOS; REFRIED BEANS, SPANISH RICE, CORN SALAD, TORTILLA, PEARS</b>	<b>STUFFED CABBAGE W/ RED SAUCE; MASHED POTATO, GREEN BEANS, FRUIT SALAD, OATMEAL BAR, ROLL</b>
12	13	14	15	16
<b>MEATBALLS; RICE, MIXED VEGGIES, COLESLAW, PINEAPPLE, WHEAT ROLL</b>	<b>HAMBURGER; O'BRIEN POTATOES, CARROTS, FRUIT COCKTAIL</b>	<b>ROAST TURKEY; STUFFING, MASHED POTATO, GREEN BEANS, PEACHES, ROLL</b>	<b>BBQ PULLED PORK; TATER TOTS, BAKED BEANS, APPLE, BUN</b>	<b>CITRUS WHITEFISH, ALT: ITALIAN MEATBALL SANDWICH; PASTA, PEAS, FRUIT SALAD, BREAD</b>
19	20	21	22	23
<b>ITALIAN SAUSAGE; SPAGHETTI, GREEN BEANS, BROCCOLI SALAD, FRUIT SALAD, BUN</b>	<b>LEMON PEPPER WHITEFISH, ALT: STUFFED GREEN PEPPERS; MASHED POTATO, PEAS &amp; CARROTS, PEAR, COOKIE, ROLL</b>	<b>PRIME RIB W/ AU JUS; PARSLEY POTATO, MIXED VEGGIES, PINEAPPLE, OATMEAL COOKIE, BREAD</b>	<b>SMOKED HAM W/ CHEDDAR SAUCE; SCALLOPED POTATOES, CORN, APPLE, ROLL</b>	<b>CHICKEN SALTIMBOCCA; SPINACH, DICED POTATOES, PEARS, GRANOLA BAR, BREAD</b>
26	27	28	29	
<b>BRATWURST; POTATO SALAD, SWEET &amp; SOUR CABBAGE, CINNAMON APPLES, BUN</b>	<b>SOUTHERN CHICKEN W/ COUNTRY GRAVY; PASTA, CORN, CORN BREAD, PINEAPPLE, BEET SALAD</b>	<b>TURKEY TETRAZINI; NOODLES, SPRING VEGGIES, BEAN SALAD, ORANGE, MUFFIN</b>	<b>HOT DOG; POTATO SALAD, BAKED BEANS, TROPICAL FRUIT SALAD</b>	<b>FISH CREOLE SAUCE, ALT: CHICKEN W/ ALFREDO SAUCE; PASTA, CARROTS, THREE BEAN SALAD, PEACHES, ROLL</b>

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.

This program is funded in part by Age Options and Title III-C of the Older Americans Act.

Oak Park Township Senior Services, 130 S. Oak Park Avenue, Oak Park, IL, 60302. (708) 383-8060.

Oak Park Township Senior Services does not discriminate in admission to programs or activities in compliance with the Illinois Human Rights Act, Section 504 of the Rehabilitation Act; the Americans with Disabilities Act; The Illinois and U.S. Constitutions. If you feel that you have been discriminated against, you have the right to file a complaint. For information, call (800) 252-8966 (voice and TDD) or contact Senior Services at: (708) 383-8060.