



Oak Park Township Senior Lunch Program

MARCH 2019

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

Monday	Tuesday	Wednesday	Thursday	Friday
SUGGESTED MEAL CONTRIBUTION: \$1.50				
4 CABBAGE ROLLS; SCALLOPED POTATOES, CORN, ROLL, PEACHES, COOKIE	5 GERMAN ROAST PORK W/ MUSHROOM GRAVY; POTATO PANCAKE; CARROTS, BISCUIT, FRUIT SALAD	6 MEXICAN CHICKEN; ALT: BREADED FISH; BEANS, RICE, CORN SALAD, TORTILLA, APPLE	7 POLISH SAUSAGE; POTATO SALAD, BAKED BEANS, PINEAPPLE, BUN	8 TILAPIA W/ BUTTER SAUCE; ALT: CHICKEN ITALIANO, PASTA, GREEN BEANS, ROLL, PEARS
11 ITALIAN SAUSAGE W/ RED SAUCE; PASTA, MIXED VEGGIES, BROCCOLI SALAD, FRUIT SALAD, ROLL	12 LEMON CHICKEN; RICE, CORN, BEAN SALAD, APPLE SAUCE, MUFFIN	13 TURKEY POT ROAST; MASHED POTATO, STEW VEGGIES; FRUIT COCKTAIL, ROLL, GRAHAM CRACKER	14 SOUTHERN CHICKEN W/ GRAVY; POTATOES, MIXED VEGGIES, ORANGE, BISCUIT, OATMEAL BAR	15 CREOLE WHITEFISH, ALT: CORNEB BEEF; POTATO, CARROTS, CINNAMON APPLES, BREAD, COOKIE
18 CHICKEN DIVAN; RICE, GREEN BEANS, JUICE, PINEAPPLE, ROLL	19 PEPPER STEAK; MASHED POTATO, MIXED VEGGIES, BEET SALAD, PEACHES, ROLL, GRANOLA BAR	20 MEATBALLS W/ VODKA SAUCE; PASTA, PEAS, FRUIT JUICE, BREAD, APPLE	21 PRIME RIB W/ AU JUS; AUGRATIN POTATO, CARROTS, BREAD, FRUIT SALAD	22 LEMON PEPPER WHITEFISH, ALT: ORIENTAL CHICKEN; ASIAN VEGGIES, RICE, COLESLAW, ROLL, PEARS
25 TILAPIA W/ DILL SAUCE, ALT: TURKEY POT PIE; MIXED VEGGIES, MASHED POTATO, MUFFIN, PINEAPPLE	26 SLOPPY JOES; POTATOES, BAKED BEANS, FRUIT SALAD, BUN	27 CHICKEN AND SAUSAGE CASSEROLE; RICE, PEAS AND CARROTS, COLESLAW, APPLE SAUCE, BREAD	28 STUFFED PEPPER W/ SAUCE; PASTA, GREEN BEANS, MUSHROOM SALAD, BREAD, BANANA	TILAPIA W/ LEMON DILL SAUCE, ALT: HAM W/ SWEET & SOUR SAUCE; CORN, SWEET POTATO, GRANOLA BAR, BREAD, FRUIT COCKTAIL

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, (708)383-8060.