



Oak Park Township Senior Lunch Program

APRIL 2019

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

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
HOT DOG W/BUN; BAKED BEANS, POTATOES O'BRIEN, GRAPES	GREEK MEATBALLS W/ LEMON SAUCE; RICE, GREEN BEANS, COLESLAW, TROPICAL FRUIT, ROLL	VESUVIO PORKCHOP; VESUVIO POTATO, CARROTS, APPLE SAUCE, ROLL, GRAHAM CRACKER	FAJITA CHICKEN W/PEPPERS & ONIONS; BLACK BEANS, FIESTA RICE,CORN SALAD, PEARS, TORTILLA	BREADED FISH, ALT:CHEDDARWURST; SCALLOPED POTATOES, MIXED VEGGIES, FRUIT COCKTAIL, BUN
8	9	10	11	12
BREADED STEAK W/ COUNTRY GRAVY; MASHED POTATOES, PEAS & PEARL ONIONS, FRUIT COCKTAIL, BISCUIT	SLOPPY JOES W/BUN; CORN, BLACK BEAN ONION SALAD, CINNAMON APPLES	CHICKEN W/ COUNTRY GRAVY; MIXED VEGGIES, POTATO WEDGES, FRUIT SALAD, GRANOLA BAR, BISCUIT	SPAGHETTI & MEATBALLS W/ MARINARA SAUCE; PEAS AND CARROTS, PEAR, BREAD	WHITE FISH W/ CREOLE SAUCE,ALT:BBQ CHICKEN;CHEESY MASHED POTATOES, GREEN BEANS, PEACHES, BUN
15	16	17	18	19
GRECIAN CHICKEN; BROWN RICE, MIXED VEGGIES, THREE BEAN SALAD, PINEAPPLE, ROLL	HAM W/ ORANGE GINGER SAUCE; MASHED POTATOES, CARROTS, APPLE, BISCUIT	BBQ BEEF; SWEET POTATO, BAKED BEANS, PEACHES, ROLL	HAMBURGER W/ BUN; POTATO SALAD, CORN, FRUIT COCKTAIL	TILAPIA W/PICCATA SAUCE, ALT: CHICKEN PICCATA; PASTA, GREEN BEANS, JUICE, APPLESAUCE, ROLL
22	23	24	25	26
PORK CUTLET W/ GRAVY; CARROTS, MASHED POTATOES, PEARS, MUFFIN, BREAD	SWEDISH MEATBALLS; NOODLES, PEAS, COLESLAW, FRUIT SALAD, BREAD	CHICKEN MARSALA; RICE, MIXED VEGGIES, VEGGIE SALAD, PINEAPPLE, ROLL	TURKEY BURGER W/ BUN; CORN, POTATO WEDGES, MACARONI SALAD, ORANGE	LEMON PEPPER TILAPIA, ALT: PRIME RIB; AUGRATIN POTATO, GREEN BEANS, FRUIT SALAD, ROLL
29	30			
TURKEY & VEGETABLE CASSEROLE; NOODLES, MIXED VEGGIES, MUSHROOM SALAD, JUICE, CORNBREAD	CHICKEN PESTO W/ CREAM SAUCE; PASTA, PEAS AND CARROTS, BEAN SALAD, PEACHES, 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.

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.