

DECEMBER 2017

Monday	Tuesday	Wednesday	Thursday	Friday
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 service community caring				White Fish, ALT: Chicken Picatta , Green Beans, Roasted Red Peppers, Wheat Roll, Apple, Oatmeal Bar
4	5	6	7	8
Chicken Ala King , Veggie Blend, Brown Rice, Beet Salad, Wheat Roll, Fruit Juice	Chili with Macaroni Noodles , Cole Slaw, Corn Bread, Orange	Beef Taco with Spanish Rice, Carrots, Tossed Salad, Tortilla, Salsa, Pineapple	Smoked Sausage on a Wheat Bun , Scalloped Potatoes, Peas, Tropical Fruit Salad	White Fish in Citrus Sauce, ALT: Pork Cutlet with Gravy , Mashed Potatoes, Applesauce, Corn, Multigrain Bread
11	12	13	14	15
Italian Chicken with Marinara Sauce , Brown/Wild Rice, Italian Veggies, Broccoli Salad, Wheat Roll, Pineapple	Prime Rib with AuJus , Rosemary Potatoes, Mixed Veggies, Wheat Roll, Whole Grain Muffin, Cinnamon Apples	Meatballs with Wild Mushroom Sauce , Pasta Peas and Carrots, Mushroom Salad, Rye Bread, Apple	Chicken with Cajun Sauce , Oven Browned Potatoes, Greens and Beans, Tropical Fruit Salad, Wheat Bun	Baked Tilapia, ALT: Grilled Hamburger on a Bun , Cheesy Potatoes, Baked Beans, Peaches
18	19	20	21	22
Turkey with Gravy , Mashed Potatoes, Green Beans, Pear, Cookie	Baked Ham , Corn, Sweet Potatoes, Rye Bread, Granola Bar, Fruit Cocktail	BBQ Meatballs , Brown Rice, Peas and Pearl Onions, Veggie Salad, Wheat Roll, Fruit Salad	Stuffed Cabbage Rolls , Garlic Potatoes, Carrots, Rye Bread, Peaches, Graham Crackers	White Fish, ALT: Lemon Chicken , Oven Brown Potatoes, Mixed Veggies, Pineapple, Wheat Bread
25	26	27	28	29
CLOSED FOR THE CHRISTMAS HOLIDAY	CLOSED FOR THE CHRISTMAS HOLIDAY	Pork Chop with Gravy , Au gratin Potatoes, Baked Beans, Rye Bread, Baked Apples, Whole Grain Muffin	Chicken Tetrizzini , Noodles, Mixed Veggies, Three Bean Salad, Sour Dough Roll, Orange	Tilapia in Creole Sauce, Alt: Hot Dog on Wheat Bun , Corn, Diced Potatoes, Cherries

Oak Park Township Senior Lunch Program along with Georgis Catering - 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