



# Oak Park Township Senior Lunch Program

## MARCH 2019

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

Monday	Tuesday	Wednesday	Thursday	Friday
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<b>SUGGESTED MEAL CONTRIBUTION: \$1.50</b>				<b>MEATLOAF W/ GRAVY, ALT: WHITE FISH W/ CITRUS SAUCE; MASHED POTATO, SUCCOTASH, FRUIT SALAD, ROLL, GRAHAM CRACKER</b>
4	5	6	7	8
<b>CABBAGE ROLLS; SCALLOPED POTATOES, CORN, ROLL, PEACHES, COOKIE</b>	<b>GERMAN ROAST PORK W/ MUSHROOM GRAVY; POTATO PANCAKE; CARROTS, BISCUIT, FRUIT SALAD</b>	<b>MEXICAN CHICKEN; ALT: BREADED FISH; BEANS, RICE, CORN SALAD, TORTILLA, APPLE</b>	<b>POLISH SAUSAGE; POTATO SALAD, BAKED BEANS, PINEAPPLE, BUN</b>	<b>TILAPIA W/ BUTTER SAUCE; ALT: CHICKEN ITALIANO, PASTA, GREEN BEANS, ROLL, PEARS</b>
11	12	13	14	15
<b>ITALIAN SAUSAGE W/ RED SAUCE; PASTA, MIXED VEGGIES, BROCCOLI SALAD, FRUIT SALAD, ROLL</b>	<b>LEMON CHICKEN; RICE, CORN, BEAN SALAD, APPLE SAUCE, MUFFIN</b>	<b>TURKEY POT ROAST; MASHED POTATO, STEW VEGGIES; FRUIT COCKTAIL, ROLL, GRAHAM CRACKER</b>	<b>SOUTHERN CHICKEN W/ GRAVY; POTATOES, MIXED VEGGIES, ORANGE, BISCUIT, OATMEAL BAR</b>	<b>CREOLE WHITEFISH, ALT: CORNED BEEF; POTATO, CARROTS, CINNAMON APPLES, BREAD, COOKIE</b>
18	19	20	21	22
<b>CHICKEN DIVAN; RICE, GREEN BEANS, JUICE, PINEAPPLE, ROLL</b>	<b>PEPPER STEAK; MASHED POTATO, MIXED VEGGIES, BEET SALAD, PEACHES, ROLL, GRANOLA BAR</b>	<b>MEATBALLS W/ VODKA SAUCE; PASTA, PEAS, FRUIT JUICE, BREAD, APPLE</b>	<b>PRIME RIB W/ AU JUS; AUGRATIN POTATO, CARROTS, BREAD, FRUIT SALAD</b>	<b>LEMON PEPPER WHITEFISH, ALT: ORIENTAL CHICKEN; ASIAN VEGGIES, RICE, COLESLAW, ROLL, PEARS</b>
25	26	27	28	
<b>TILAPIA W/ DILL SAUCE, ALT: TURKEY POT PIE; MIXED VEGGIES, MASHED POTATO, MUFFIN, PINEAPPLE</b>	<b>SLOPPY JOES; POTATOES, BAKED BEANS, FRUIT SALAD, BUN</b>	<b>CHICKEN AND SAUSAGE CASSEROLE; RICE, PEAS AND CARROTS, COLESLAW, APPLE SAUCE, BREAD</b>	<b>STUFFED PEPPER W/ SAUCE; PASTA, GREEN BEANS, MUSHROOM SALAD, BREAD, BANANA</b>	<b>TILAPIA W/ LEMON DILL SAUCE, ALT: HAM W/ SWEET &amp; SOUR SAUCE; CORN, SWEET POTATO, GRANOLA BAR, BREAD, FRUIT COCKTAIL</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, (708)383-8060.