



Oak Park Township Senior Lunch Program

NOVEMBER 2018

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

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| | | | 1 | 2 |
| | SUGGESTED MEAL CONTRIBUTION: \$1.50 | | TURKEY TETRAZINI; NOODLES, SPRING VEGETABLES, BEAN SALAD, PINEAPPLE, ROLL | LEMON PEPPER WHITEFISH; ALT: CHICKEN PICCATA, GREEN BEANS, POTATOES, PEARS, OATMEAL BAR, ROLL |
| 5 | 6 | 7 | 8 | 9 |
| POLISH SAUSAGE W/ ONIONS; SCALLOPED POTATOES, PEAS, BUN, FRUIT COCKTAIL | CHICKEN ALA KING; MIXED VEGGIES, BROWN RICE, BEAN SALAD, ROLL, FRUIT JUICE | PORK SCHNITZEL W/ GRAVY, SPATZLE DUMPLINGS, RED CABBAGE, BEETS, APPLE, ROLL | TILAPIA W/BUTTER SAUCE;ALT:MEDITERRANEAN LEMON CHICKEN,POTATO, MIXED VEGGIES,TROPICAL FRUIT, ROLL | BBQ BEEF; SWEET POTATOES, BAKED BEANS, ROLL, FRUIT SALAD |
| 12 | 13 | 14 | 15 | 16 |
| <u>VETERANS DAY:</u> OAK PARK TOWNSHIP IS CLOSED | HOTDOG; WHEAT BUN, BAKED BEANS, POTATO,ORANGE | PRIME RIB W/ AU JUS; MASHED POTATO, GREEN BEANS,ROLL, GRAHAM CRACKER, PEACHES | MEATBALLS W/ MUSHROOMS; BROWN RICE, PEAS & CARROTS,COLESLAW,WHEAT ROLL,PEAR | MEDITERRANEAN WHITE FISH W/ LEMON SAUCE; ALT:ITALIAN CHICKEN W/MARINARA, ROSEMARY POTATO, MIXED VEGGIES, ROLL, PINEAPPLE |
| 19 | 20 | 21 | 22 | 23 |
| CABBAGE ROLLS; GARLIC POTATOES, CARROTS, ROLL, PEARS, MUFFIN | WHITE FISH W/ CITRUS SAUCE; ALT:TURKEY POT ROAST W/ STEW VEGGIES, MASHED POTATO, BEAN SALAD, ROLL, PINEAPPLE | TURKEY WITH W/ GRAVY,SWEET POTATOES,GREEN BEANS, BUN,ORANGE | <u>THANKSGIVING HOLIDAY:</u> OAK PARK TOWNSHIP IS CLOSED | <u>THANKSGIVING HOLIDAY:</u> OAK PARK TOWNSHIP IS CLOSED |
| 26 | 27 | 28 | 29 | 30 |
| BEEF STEW W/STEW VEGETABLES;MASHED POTATO,BISCUIT,FRUIT SALAD,GRAHAM CRACKER | HAMBURGER W/ BUN; CHEESY POTATOES, BAKED BEANS, APPLESAUCE | SMOKED PULLED PORK W/ BUN; BLACK BEANS,CORN CASSEROLE,FRUIT COCKTAIL | TILAPIA W/BUTTER SAUCE; ALT: CHICKEN W/ CAJUN CREAM SAUCE, POTATO, NORTHERN BEANS W/ SPINACH, PEACHES, BUN | MEATLOAF; AUGRATIN POTATO, GREEN BEANS, RYE BREAD,SLICED APPLES, MUFFIN |

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.