

NOVEMBER 2017

Monday	Tuesday	Wednesday	Thursday	Friday
	3	1	2	3
		Hot Dog on a Wheat Bun, Baked Beans, Diced Potatoes, Cherries	Southern Style Pork with Country Gravy, Mashed Potatoes, Mixed Veggies, Fruit Cocktail, Biscuit, Oatmeal Bar	Lemon Pepper White Fish, ALT: Chicken Picatta, Green Beans, Roasted Red Peppers, Wheat Roll, Apple, Oatmeal Bar
6	7	8	9	10
Smoked Sausage on a Wheat Bun, Scalloped Potatoes, Peas, Tropical Fruit Salad	Beef Taco with Spanish Rice, Corn, Tossed Salad, Tortilla, Salsa, Pineapple	Chili with Macaroni Noodles, Cole Slaw, Corn Bread, Orange	Chicken Ala King, Veggie Blend, Brown Rice, Beet Salad, Wheat Roll, Fruit Juice	CLOSED FOR OBSERVANCE OF VETERANS DAY
13	14	15	16	17
Italian Chicken with Marinara Sauce, Brown/Wild Rice, Italian Veggies, Broccoli Salad, Wheat Roll, Pineapple	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	Prime Rib, Rosemary Potatoes, Mixed Veggies, Wheat Roll, Whole Grain Muffin, Cinnamon Apples	Baked Tilapia, ALT:Grilled Hamburger on a Bun, Cheesy Potatoes, Baked Beans, Applesauce
20	21	22	23	24
Baked Ham with Pineapple Glaze, Corn, Sweet Potatoes, Rye Bread, Granola Bar, Fruit Cocktail	Turkey with Gravy, Mashed Potatoes, Green Beans, Pear, Cookie	Stuffed Cabbage Rolls, Garlic Potatoes, Carrots, Rye Bread, Peaches, Graham Crackers	CLOSED FOR THE THANKSGIVING HOLIDAY	CLOSED FOR THE THANKSGIVING HOLIDAY
27	28	29	30	
Beef Stew, Stew Veggies, Mashed Potatoes, Multigrain Roll, Cherries	Pork Chop with Gravy, Au gratin Potatoes, Baked Beans, Rye Bread, Baked Apples, Whole Grain Muffin	Chicken Tetrazzini, Noodles, Mixed Veggies, Three Bean Salad, Sour Dough Roll, Orange	Meatballs and Spaghetti with Marinara Sauce, Baby Carrots, French Bread and Peaches	

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