





SALERNO'S CONGREGATE MENU FOR AGING CARE CONNECTIONS - FEBRUARY 2019













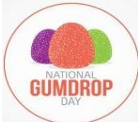




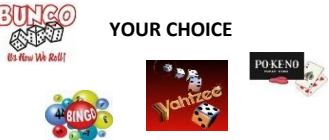





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
JANUARY 28	JANUARY 29	JANUARY 30	JANUARY 31 - TASTE OF SALERNO'S	FEBRUARY 1
STUFFED CHICKEN BREAST - 3 OZ. STUFFING W/GRAVY - 1/2C CAULIFLOWER - 1/2C SALAD W/TOMATOES - 1C CRANBERRY SAUCE - 1/2C FRENCH BR - 2 SLS. MILK - 8 OZ.	CHICKEN PICANTE' - 3 OZ. BROWN RICE W/GRAVY - 1/2C MIXED VEGETABLES - 1/2C TOMATO CHICK ROSA MARINA SOUP - 3/4C PEACHES W/COTTAGE CHEESE - 1/2C GARLIC BR - 2 SLS. MILK - 8 OZ	STUFFED GR PEPPER W/TOMATO SAUCE CREAMY NOODLES IN A VODKA SAUCE - 1/2C SALAD W/TOMATOES - 1C WW BREAD - 2 SLS. FRUIT - 1/2C MILK - 8 OZ.	CHICKEN VESUVIO - 3 OZ. EGGPLANT PARMIGIANA - 2 OZ. VESUVIO POTATOES - 1/2C CREAM OF MUSH SOUP - 3/4C SALAD W/TOMS - 1C G/BREAD - 2SLS. FRUIT - 1/2C MILK - 8 OZ.	GOULASH - 1C GREEN BEANS - 1/2C SALAD W/TOMATOES - 1C GARLIC BREAD - 2 OZ. FRUIT - 1/2C MILK - 8 OZ.
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FEBRUARY 4	FEBRUARY 5	FEBRUARY 6	FEBRUARY 7	FEBRUARY 8 ALTERNATE MEAL
CHICKEN LEG QUARTER - 3OZ. BROWN RICE W/GRAVY - 1/2C MIXED VEGETABLES - 1/2C FRENCH BREAD - 2 SLS. FRUIT - 1/2C MILK - 8 OZ.	BRD PORK TENDERLOIN W/GRAVY - 3 OZ SCALLOPED POTATOES - 1/2C SAUERKRAUT - 1/2C CREAM OF MUSHROOM SOUP - 3/4C RYE BREAD - 2 SLS. APPLESAUCE - 1/2C MILK - 8 OZ.	TILAPIA - 3 OZ. MAC AND CHEESE - 1/2C BROCCOLI - 1/2C SALAD W/TOMATOES - 1C CHICKEN ROSA MARINA SOUP - 3/4C FRUIT - 1/2C MILK - 8 OZ.	2 BEEF TACOS 3 oz. ON WW TORTILLAS W/SOUR CR, TOMATOES, LETTUCE, CHEESE, SALSA SPANISH RICE - 1/2C REFRIED BEANS - 1/2C FRUIT - 1/2C MILK - 8 OZ.	SUBMARINE SANDWICH ON A HARD ROLL OR TURKEY CLUB ON WW BREAD - 3 OZ. CHICKEN RICE SOUP - 3/4C COLE SLAW - 1/2C BAKED BEANS - 1/2C FRUIT - 1/2C MILK - 8 OZ.
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FEBRUARY 11	FEBRUARY 12	FEBRUARY 13 - HOPE LUTHERAN CHURCH	FEBRUARY 14	FEBRUARY 15
SALISBURY STEAK W/ONIONS & MUSHROOMS W/GRAVY - 3 OZ. BAKED POTATO W/SOUR CREAM - 4 OZ. GREEN PEAS - 1/2C FRENCH BR - 2SLS. PEACHES W/COTTAGE CHEESE - 1/2C MILK - 8 OZ.	STUFFED CHICKEN BREAST - 3 OZ. STUFFING W/GRAVY - 1/2C SPINACH - 1/2C SALAD W/TOMATOES - 1C CRANBERRY SAUCE - 1/2C FR BREAD - 2SLS. MILK - 8 OZ.	CHICKEN MARSALA - 3 OZ. AU GRATIN POTATOES - 1/2C GREEN BEANS - 1/2C FRENCH BREAD - 2SLS. FRUIT - 1/2C MILK - 8 OZ.	CHICKEN PICANTE' - 3OZ. BROWN RICE W/GRAVY - 1/2C ZUCCHINI W/TOMATOES - 1/2C FRENCH BREAD - 2SLS. FRUIT - 1/2C MILK - 8 OZ.	PIZZA W/CHEESE, SAUSAGE, MUSH, GR PEPPERS - 2 OZ. EACH SALAD W/TOMATOES - 1C CREAM OF SPINACH SOUP - 3/4C FRUIT - 1/2C MILK - 8 OZ.
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FEBRUARY 18	FEBRUARY 19	FEBRUARY 20	FEBRUARY 21	FEBRUARY 22 - ALTERNATE MEAL
 <p style="text-align: center;">CLOSED</p>	HAMBURGER ON A BUN - 4 OZ. PASTA SALAD - 1/2C COLE SLAW - 1/2C BAKED BEANS - 1/2C FRUIT - 1/2C MILK - 8 OZ.	ITALIAN BEEF ON A HARD ROLL - 3OZ. POTATO SALAD - 1/2C PICKLED BEETS - 1/2C FRUIT - 1/2C MILK - 8 OZ.	CREAMY BAKED SAUSAGE PAISANO (RIGATONI, SAUSAGE, MUSHS) - 1C CAULIFLOWER - 1/2C FRUIT - 1/2C CREAM OF BROCCOLI SOUP - 3/4C SALAD W/TOMATOES-1C GARLIC BREAD - 2 OZ. MILK - 8 OZ.	PULLED PORK ON A BUN OR SLOPPY JOE ON A BUN - 3 OZ. CREAM OF POTATO SOUP - 3/4C SALAD W/TOMATOES - 1C FRUIT - 1/2C MILK - 8 OZ.
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FEBRUARY 25	FEBRUARY 26	FEBRUARY 27	FEBRUARY 28 - TASTE OF SALERNO'S	MARCH 1
CHICKEN VESUVIO - 3 OZ. VESUVIO POTATOES - 1/2C SPINACH - 1/2C GARLIC BREAD - 2 OZ. GRAHAM CRACKERS - 2 FRUIT - 1/2C MILK - 8 OZ.	MEAT LOAF - 3 OZ. MASHED POTATOES W/GRAVY - 1/2C SALAD W/TOMATOES - 1C NAVY BEAN SOUP W/PORK - 3/4C RYE BREAD - 2SLS. FRUIT - 1/2C MILK - 8 OZ.	TUNA NOODLE CASSEROLE - 1C GREEN PEAS - 1/2C CREAM OF CELERY SOUP - 3/4C FRENCH BREAD - 2SLS. PEACHES W/COTTAGE CHEESE - 1/2C MILK - 8 OZ.	CHICKEN PARMESAN - 2 OZ. ITALIAN SAUSAGE - 2 OZ. MOSTICIOLLI - 1/2C GREEN BEANS - 1/2C SALAD W/TOMATOES - 1C GARLIC BREAD - 2 OZ. FRUIT - 1/2C MILK - 8 OZ.	



TO RESERVE CALL 708-354-1323

SALERNO'S CONGREGATE ACTIVITIES FOR AGING CARE CONNECTIONS FEBRUARY 2019

MONDAY JANUARY 28	TUESDAY JANUARY 29	WEDNESDAY JANUARY 30	THURSDAY JANUARY 31	FRIDAY FEBRUARY 1
			<p>2/1 - 2/28 - CANNED FOOD DRIVE FOR THE VILLAGE OF HODGKINS</p> 	<p>ICE CREAM FOR BREAKFAST - 50 CENTS</p> 
MONDAY FEBRUARY 4	TUESDAY FEBRUARY 5	WEDNESDAY FEBRUARY 6	THURSDAY FEBRUARY 7	FRIDAY FEBRUARY 8
<p>10:00 A.M. - ADVISORY COUNCIL MEETING</p> <p>12:45 P.M. - BINGO</p> 	<p>CHINESE NEW YEAR - ENJOY A FORTUNE COOKIE OR TWO</p>  <p style="text-align: center;">12:45 P.M. - FORTUNE BINGO</p>	 <p>12:30 P.M. - ACES CARD GAME</p>	 <p>Black History Month</p> <p>12 NOON - BLACK HISTORY MONTH PRESENTATION</p> <p>12:45 P.M. - BINGO</p>	<p>12:30 P.M. - CHECKERS</p> 
MONDAY FEBRUARY 11	TUESDAY FEBRUARY 12	WEDNESDAY FEBRUARY 13	THURSDAY FEBRUARY 14	FRIDAY FEBRUARY 15
<p>WHITE TEE SHIRT DAY- MUST BE A SOLID WHITE TEE - 2 WINNERS</p>  <p>12:45 P.M. - BINGO</p> 	<p>FIND THE PENNY - WIN A PRIZE</p> <p>12:45 P.M. - FORTUNE BINGO</p> 	<p>LUNCH WILL BE SERVED AT HOPE LUTHERAN CHURCH THERE WILL BE NO LUNCH AT SALERNO'S</p>	<p>10:30 A.M. - VALENTINE'S DAY CELEBRATION</p> <p>COLORFUL LUNCH - RED AND WHITE - 3 WINNERS - MUST HAVE BOTH COLORS- SOCKS, SHOES, PANTS, SHIRTS, BLOUSE, SKIRT, OR DRESS ONLY.</p> <p>12:00 NOON - PRESENTATION BY THE COOK COUNTY SHERIFF'S DEPT. 12:45 P.M. - BINGO</p>	<p>NATIONAL GUM DROP DAY</p> 
MONDAY FEBRUARY 18	TUESDAY FEBRUARY 19	WEDNESDAY FEBRUARY 20	THURSDAY FEBRUARY 21	FRIDAY FEBRUARY 22
<p>PRESIDENT'S DAY - CLOSED</p> 	<p>12:45 P.M. - FORTUNE BINGO</p> 	<p>12:30 P.M.- BINGO SPONSORED BY HEARTLAND BANK</p> 	<p>10:30 A.M. - PVFD - BLOOD PRESSURE AND BLOOD GLUCOSE CHECKS</p> <p>12:45 P.M. - BINGO</p> 	<p>YOUR CHOICE</p> 
MONDAY FEBRUARY 25	TUESDAY FEBRUARY 26	WEDNESDAY FEBRUARY 27	THURSDAY FEBRUARY 28	FRIDAY MARCH 1
<p>12:45 P.M. - BINGO</p> 	<p>12:45 P.M. - FORTUNE BINGO</p> 	<p>12:30 P.M. - ACES CARD GAME</p> 	<p>FLY A FLAG - 3 WINNERS HONOR OUR VETERANS</p> 