





Congregate Meals Menu – November 2024

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>To reserve a lunch, please call (708) 603 – 2269 Before 4 pm on the previous day and leave a message.</p> <p>The menu is subject to change.</p> <p>Dine – in Only</p>		<p>1</p> <ul style="list-style-type: none"> • Surimi Crab Alfredo • Penne Pasta • Zucchini with Peppers and Onions • Whole Wheat Roll • Fruit Cup
<p>4</p> <ul style="list-style-type: none"> • Baked Meatloaf with Country Gravy • Cauliflower Mashed Potatoes • Mixed Veggies • Whole Wheat Roll • Pineapple Tidbits 	<p>5</p> <ul style="list-style-type: none"> • BBQ Pulled Pork • Oven Fries • Carrot Raisin Salad • Wheat Sandwich Bun • Warm Apple Crumble • Chef’s Choice 	<p>6</p> <ul style="list-style-type: none"> • Miso Glazed Chicken Thigh • Scalloped Potatoes • Baked Bean Casserole • Multi Grain Brea • Fruit Jello 	<p>7</p> <ul style="list-style-type: none"> • Cheese Omelet • Hash Browned Potatoes • Whole Wheat Biscuit • Apple Juice • Fruit Yogurt • Fresh Orange 	<p>8</p> <ul style="list-style-type: none"> • Swedish Meatballs and Gravy • Mashed Potatoes • Broccoli • Multi Grain Bread • Fresh Melon
<p>11</p> <p>CLOSED FOR VETERAN’S DAY</p> <p>All veterans will receive a free meal on Tuesday, 11/12. Call 708-603-2269 by Friday 11/8 at Noon to reserve your meal.</p>	<p>12</p> <ul style="list-style-type: none"> • Cheddar Broccoli Chicken Rice Casserole • Cauliflower • Whole Wheat Roll • Pear and Cranberry Crumble • Pea Salad 	<p>13</p> <ul style="list-style-type: none"> • Salisbury Steak with Gravy • Mashed Potatoes • Corn • Multi Grain Dinner Roll • Pineapple Tidbits 	<p>14</p> <ul style="list-style-type: none"> • Hot Dog • Oven Fries • Bean Casserole • Wheat Hot Dog Bun • Banana • Fresh Melon 	<p>15</p> <ul style="list-style-type: none"> • Classic Lasagna with Meat Sauce • Broccoli • Mixed Veggies • Wheat Bread • Oatmeal Raisin Cookie
<p>18</p> <ul style="list-style-type: none"> • Roast Turkey and Gravy • Baked Sweet Potatoes • Mixed Veggies • Bread Stuffing • Chef’s Fruit 	<p>19</p> <ul style="list-style-type: none"> • Spaghetti and Meatball Marinara • Mixed Salad Greens • Multi Grain Bread • Peach Cobbler • Fruit Cup 	<p>20</p> <ul style="list-style-type: none"> • Hamburger • German Potato Salad • Green Beans • Wheat Sandwich Bun • Apple Sauce 	<p>21</p> <ul style="list-style-type: none"> • Chicken Vesuvio • Mashed Potatoes • Cauliflower and Red Peppers • Wheat Bread • Mandarin Oranges 	<p>22</p> <ul style="list-style-type: none"> • Citrus Alaskan Pollock • Veggie Rice Pilaf • County Blend Veggies • Multi Grain Dinner Roll • Chickpea Salad • Fresh Melon
<p>25</p> <ul style="list-style-type: none"> • Roast Turkey and Gravy • Baked Sweet Potato • Green Bean Casserole • Bread Stuffing • Dessert 	<p>26</p> <ul style="list-style-type: none"> • BBQ Riblet • Oven Fries • Black Beans and Corn • Wheat Sandwich Bun • Whole Apple • Chef’s Choice 	<p>27</p> <ul style="list-style-type: none"> • Hot Roast Beef • Mashed Potatoes and Gravy • Peas and Carrots • Wheat Bread • Fresh Orange 	<p>28</p> 	<p>See you next month!</p>

