






# SALERNO'S CONGREGATE MENU FOR AGING CARE CONNECTIONS - SEPTEMBER 2023



| MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY  |
|---|---|--|--|---|
| <p><b>TO RESERVE A LUNCH CALL<br/>708-603-2269<br/>BEFORE 4 PM ON THE PREVIOUS DAY<br/>LEAVE A MESSAGE<br/>CALLS WILL NOT BE RETURNED</b></p> | <p><b>MENU SUBJECT TO CHANGE<br/>DUE TO AVAILABILITY OF ITEMS</b></p>   |    |   | <p>HOT BEEF SANDWICH - 3 OZ<br/>W/ ROASTED GREEN PEPPERS<br/>FRIES - 1/2 C<br/>FRUIT - 1/2 C<br/>MILK - 8 OZ.</p>                   |
| MONDAY<br>SEPTEMBER 4   | TUESDAY<br>SEPTEMBER 5  | WEDNESDAY<br>SEPTEMBER 6   | THURSDAY<br>SEPTEMBER 7  | FRIDAY<br>SEPTEMBER 8   |
|    | <p>SPAGHETTI - 1/2 C<br/>W/MEATBALLS - 3 OZ.<br/>VEGGI - 1/2 C<br/>BREAD - 4 OZ.<br/>FRUIT - 1/2 C<br/>MILK - 8 OZ.</p> | <p>BAKED POTATO - 3OZ<br/>W/SOUR CREAM, BACON,CHEESE<br/>BROCCOLI - 1/2 C<br/>BREAD - 4 OZ.<br/>FRUIT - 1/2C<br/>MILK - 8 OZ.</p>  | <p>LEMON CHICKEN - 3OZ<br/>RICE &amp; GRAVY - 1/2 C<br/>VEGGI - 1/2 C<br/>BREAD - 4 OZ.<br/>FRUIT - 1/2C<br/>MILK - 8 OZ.</p>          | <p>SAUSAGE PIZZA<br/>W/ EX THIN CRUST - 3 OZ.<br/>FRUIT - 1/2 C<br/>MILK - 8 OZ.</p>  |
| MONDAY<br>SEPTEMBER 11  | TUESDAY<br>SEPTEMBER 12   | WEDNESDAY<br>SEPTEMBER 13  | THURSDAY<br>SEPTEMBER 14   | FRIDAY<br>SEPTEMBER 15  |
| <p>RAVIOLI W/MEAT SAUCE - 1/2 C<br/>VEGGI - 1/2 C<br/>BREAD - 4 OZ.<br/>FRUIT - 1/2C<br/>MILK - 8 OZ.</p>                                     | <p>TURKEY CLUB - 3 OZ.<br/>W/ LETTUCE, TOMATO &amp; BACON<br/>CHIPS - 1/2C<br/>FRUIT - 1/2C<br/>MILK - 8 OZ.</p>        | <p>SOUP OF THE DAY - 8 OZ.<br/>BREAD - 4 OZ.<br/>FRUIT - 1/2 C<br/>MILK - 8 OZ.</p>  | <p>CHICKEN ALFREDO - 3 OZ.<br/>VEGGI - 1/2 C<br/>BREAD - 4 OZ.<br/>FRUIT - 1/2 C<br/>MILK - 8 OZ.</p>                                  | <p>MEATBALL SANDWICH - 3 OZ.<br/>W/RED SAUCE &amp; CHEESE<br/>FRIES - 1/2 C<br/>BREAD - 4 OZ.<br/>FRUIT - 1/2C<br/>MILK - 8 OZ.</p> |
| MONDAY<br>SEPTEMBER 18  | TUESDAY<br>SEPTEMBER 19   | WEDNESDAY<br>SEPTEMBER 20  | THURSDAY<br>SEPTEMBER 21   | FRIDAY<br>SEPTEMBER 22  |
| <p>BLT SANDWICH - 3 OZ.<br/>W/MAYO, LETTUCE, TOMATO &amp; BACON<br/>MAC &amp; CHEESE - 1/2 C<br/>FRUIT - 1/2 C<br/>MILK - 8 OZ.</p>           | <p>EGGPLANT PARMESAN - 3 OZ.<br/>VEGGIE - 1/2 C<br/>BREAD - 4 OZ.<br/>FRUIT - 1/2C<br/>MILK - 8 OZ.</p>                 | <p>JULIAN SALAD W/HAM, TURKEY,<br/>CHEESE, TOMATOES - 2 OZ. EA<br/>BREAD - 4 OZ.<br/>FRUIT - 1/2 C<br/>MILK - 8 OZ.</p>            | <p>CHICKEN MARSALA- 3 OZ<br/>W/MUSHROOMS, ONIONS &amp;<br/>MOSTACCIOLI - 1/2 C<br/>BREAD - 4 OZ.<br/>FRUIT - 1/2C<br/>MILK - 8 OZ.</p> | <p>2 TACOS W/BEEF, ONION<br/>&amp; CILANTRO- 3 OZ.<br/>RICE - 1/2 C<br/>FRUIT - 1/2 C<br/>MILK - 8 OZ.</p>                          |
| MONDAY<br>SEPTEMBER 25  | TUESDAY<br>SEPTEMBER 26   | WEDNESDAY<br>SEPTEMBER 27  | THURSDAY<br>SEPTEMBER 28   | FRIDAY<br>SEPTEMBER 29  |
| <p>VEGGIE PIZZA, GR PEPPER, ONION<br/>CHEESE, EXTRA THIN CRUST - 3 OZ.<br/>FRUIT - 1/2 C<br/>MILK - 8 OZ.</p>                                 | <p>TUNA SALAD - 3 OZ.<br/>PASTA SALAD - 1/2 C<br/>CRACKERS<br/>FRUIT - 1/2 C<br/>MILK - 8 OZ.</p>                       | <p>CHEESEBURGER ON A BUN - 3 OZ.<br/>W/TOMATO, LETTUCE, &amp; ONION<br/>BAKED BEANS - 1/2 C<br/>FRUIT - 1/2 C<br/>MILK - 8 OZ.</p> | <p>CHICKEN PARMESAN - 3 OZ.<br/>VEGGIE - 1/2 C<br/>BREAD - 4 OZ.<br/>FRUIT - 1/2 C<br/>MILK - 8 OZ.</p>                                | <p>RIGATONI WITH MEAT SAUCE - 1/2C<br/>VEGGIE - 1/2 C<br/>BREAD - 4 OZ.<br/>FRUIT - 1/2 C<br/>MILK - 8 OZ.</p>                      |

All lunches include a tossed salad.

