

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>JULY 2010</b>			1 VEGETABLE LASAGNA, GARDEN GREEN PEAS, DICED CARROTS, WHEAT BREAD, SLICED PEACHES	2 TACO FILLING W/SAUCE, CORN, TOSSED SALAD, RANCH DRESSING APPLE, TORTILLA ROUNDS, SALSA, CORN MUFFIN
5 <b>ALL SITES CLOSED</b>	6 BBQ CHICKEN FILLET, POTATOES O'BRIEN, 4-BEAN SALAD, HAMBURGER BUN, FRESH ORANGE	7 SWEET & SOUR CHICKEN W/ RICE & VEGETABLES, ORANGE JUICE, MIXED VEGGIES, MULTIGRAIN BREAD, APRICOT HALVES	8 SWISS STEAK, MASHED POTATOES, GLAZED CARROTS, FRESH NECTARINE, SUGAR-FREE GELATIN	9 STUFFED SHELLS W/ MEAT SAUCE, ZUCCHINI IN ITAL. SAUCE, SALAD, TANGERINE, RANCH DRESSING
12 CHICKEN PARMIGIANA, DICED CARROTS, ORANGE JUICE, HAMBURGER BUN, PEAR HALVES	13 BEEF STEW W/ POTATOES & VEGGIES, LIMA BEANS, APPLE-CRAN JUICE, RYE BREAD, OATMEAL COOKIE, GR. CRACKERS	14 BEEF TIPS W/ MUSHROOMS & GRAVY, SCALLOPED POTATOES, BROCCOLI, GR. JUICE, BREAD, APPLE CINNAMON CRISP	15 CHICKEN FILLET, SPINACH, APPLE, PIN. JUICE HAMBURGER BUN, CHOCOLATE PUDDING, FRUIT PUNCH	16 FETTUCINI ALFREDO W/ CHICKEN, SUCCOTASH, TOSSED SALAD, ITALIAN DRESSING, ROLL, ORANGE
19 SMOKED SAUSAGE, 4-BEAN SALAD, DICED CARROTS, HOT DOG BUN, FRUIT COCKTAIL	20 CHICKEN W/ WILD RICE, GREEN GARDEN PEAS, MASHED SWEET POTATOES, BREAD, SLICED PEACHES	21 TACO FILLING W/ SAUCE, CORN, SALAD, RANCH DRESSING, APPLE TORTILLA ROUNDS, SALSA, CORN MUFFIN	22 VEGETABLE LASAGNA, GREEN GARDEN PEAS, DICED CARROTS, WHOLE WHEAT BREAD, SLICED PEACHES	23 MEATLOAF W/ JARDINIÈRE SAUCE, MASHED POTATOES, SALAD, ITALIAN DRESSING, ORANGE-PINEAPPLE JUICE, MUFFIN
26 BEEF STROGANOFF W/ RICE, SPINACH, GRAPE JUICE, BREAD, PINEAPPLE CHUNKS	27 BBQ BEEF, LIMA BEANS, CREAMY COLESLAW, HAMBURGER BUN, APRICOT HALVES	28 TURKEY BREAST W/ STUFFING & GRAVY, SUCCOTASH, ORANGE PINEAPPLE JUICE, BREAD, PEAR HALVES	29 CHICKEN MARSALA, COUNTRY POTATOES, ITAL. MIXED VEGGIES, APPLE JUICE, BREAD, VANILLA CUPCAKE, PEACH	30 SPAGNETTI W/ MEATBALLS, YELLOW SQUASH, TOSSED SALAD, FR. DRESSING, ROLL, TANGERINE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 JUMBO BEEF HOTDOG, BAKED BEANS, SPINACH W/ CREAM SAUCE, HOT DOG BUN, PINEAPPLE CHUNKS	3 BBQ CHICKEN FILLET, POTATOES O'BRIEN, 4-BEAN SALAD, HAMBURGER BUN, FRESH ORANGE	4 SWEET & SOUR RICE W/ CHICKEN & VEGGIES, ORANGE JUICE, MIXED VEGETABLES, BREAD, APRICOT HALVES	5 SWISS STEAK, MASHED POTATOES, GLAZED CARROTS, NECTARINE, FRUITED GELATIN, SUGAR-FREE GELATIN	6 STUFFED PASTA SHELLS W/ MEAT SAUCE, ZUCCHINI IN ITALIAN SAUCE, SALAD, TANGERINE, RANCH DRESSING
9 CHICKEN PARMIGIANA, CARROTS, ORANGE JUICE, HAMBURGER BUN, PEAR HALVES	10 BEEF STEW W/ POTATOES & VEGGIES, LIMA BEANS, APPLE-CRAN JUICE, RYE BREAD, OATMEAL COOKIE, GRAHAM CRACKER	11 BEEF TIPS W/ MUSHROOMS & GRAVY, SCALLOPED POTATOES, BROCCOLI, GRAPE JUICE, WHOLE WHEAT BREAD, APPLE CINNAMON CRISP	12 CHICKEN FILLET, SPINACH, APPLE, PINEAPPLE JUICE, HAMBURGER BUN, CHOCOLATE PUDDING, FRUIT PUNCH	13 FETTUCINI ALFREDO W/ CHICKEN, SUCCOTASH, TOSSED SALAD, ITALIAN DRESSING, ROLL, ORANGE
16 SMOKED SAUSAGE, 4-BEAN SALAD, DICED CARROTS, HOT DOG BUN, FRUIT COCKTAIL	17 CHICKEN W/ WILD RICE, GREEN GARDEN PEAS, MASHED SWEET POTATOES, BREAD, SLICED PEACHES	18 TACO FILLING W/ SAUCE, CORN, TOSSED SALAD, RANCH DRESSING, APPLE TORTILLA ROUNDS, SALSA, CORN MUFFIN	19 VEGETABLE LASAGNA, GREEN GARDEN PEAS, DICED CARROTS, WHOLE WHEAT BREAD, SLICED PEACHES	20 MEATLOAF W/ JARDINIÈRE SAUCE, MASHED POTATOES, TOSSED SALAD, ITALIAN DRESSING, ORANGE-PINEAPPLE JUICE, BREAD
23 BEEF STROGANOFF W/ RICE, SPINACH, GRAPE JUICE, BREAD, PINEAPPLE CHUNKS	24 BBQ BEEF, LIMA BEANS, CREAMY COLESLAW, HAMBURGER BUN, APRICOT HALVES	25 TURKEY BREAST W/ STUFFING & GRAVY, SUCCOTASH, ORANGE PINEAPPLE JUICE, BREAD, PEAR HALVES	26 CHICKEN MARSALA, COUNTRY POTATOES, ITAL. MIXED VEGGIES, APPLE JUICE, BREAD, VANILLA CUPCAKE, PEACH	27 SPAGHETTI W/ MEATBALLS, YELLOW SQUASH, TOSSED SALAD, FR. DRESSING, ROLL, TANGERINE
30 JUMBO BEEF HOTDOG, BAKES BEANS, SPINACH W/ CREAM SAUCE, HOT DOG BUN, PINEAPPLE CHUNKS	31 BBQ CHICKEN FILLET, POTATOES O'BRIEN, 4-BEAN SALAD, HAMBURGER BUN, ORANGE	SPONSORED BY UNITED WAY	SPONSORED BY N.E. AREA AGENCY ON AGING	<b>AUGUST 2010</b>

Meals provided by  
**Senior Services of Will County**  
 The Nutrition Program asks you to make a contribution toward your meal. A suggested donation of \$2.00 is appreciated.  
 Make reservations 2 days in advance  
 Monday – Friday  
 8:30 am – 12:30 pm

**NUTRITION PROGRAM**  
 Needs Your Help!

**VOLUNTEER OPPORTUNITIES AVAILABLE:**

**SUBSTITUTE DRIVERS**

Call 630-759-3411  
 & ask for Jeanne