

October 2018 Bremen Senior Lunch Program 15350 Oak Park Ave., Oak Forest ~ 687-8220

Monday	Tuesday	Wednesday	Thursday	Friday
1 Turkey Tetrazzini Noodles Sour dough roll Amer. Mahjong, 10am	2 11am: <i>ESL Coffee & Conversation</i> Meatballs & Spaghetti French bread Peaches	3 Hot Dog Diced potatoes Baked Beans Mahjongg 10:15am	4 Smoked Pulled Pork on Bun Corn tamale casserole Fruit cocktail	5 BINGO at Senior Center Lemon Pepper White Fish Roasted Red Potatoes <i>Or</i> Chicken Picatta Bingo 9am-Noon, then Lunch at Senior Center
8 Chicken a la King Brown Rice Amer. Mahjong, 10am	9 Maxwell St. Polish Sausage w/Sauteed Onions! Scalloped Potatoes Show & Tell aft. Lunch!	10 BBQ Beef & Roll Sweet Potatoes Fruit Cup, Baked Beans Mahjongg 10:15am	11 Choice Day-Pick 1: Turkey Pot Roast OR White Fish w/citrus sauce Mashed Potatoes Stew Vegetables	12 BINGO at Senior Center Pork Schnitzle w/Gravy! Spatzle dumplings, Cabbage Bingo 9am-Noon, then Lunch at Senior Center
15 10:30am: “Brain “Challenge” Sr. Ctr. Baked Ham w/ Glaze Rye Bread, Mashed Pot. Amer. Mahjong, 10am	16 Choice Day-Pick 1: Baked Tilapia w/Butter Sauce OR Chicken Breast w/Cream Sauc Oven Browned Potatoes	17 <i>Reserve early!</i> Prime Rib au jus Mashed Potatoes Green Beans No Mahjongg today	18 Meatballs / Mushroom Sauce Brown Rice, wheat roll Veg, Cole Slaw, Pear	19 BINGO at Senior Center Italian Chicken/Marinara Rosemary Potatoes Bingo 9am-Noon, then Lunch
22 Stuffed Cabbage Roll Garlic potatoes Muffin, pears Amer. Mahjong, 10am	23 <i>Reserve early!</i> Meatloaf Au gratin potatoes Green beans Welcome Hanover Place!	24 11am: <i>ESL Coffee & Conversation</i> Taco Beef, Tortilla & Salsa Spanish Rice, Fresh Orange Mahjongg 10:15am	25 11am “Healthy Eating” @ Cafe BBQ Meatballs Brown Rice, peas Show & Tell after Lunch	26 LUNCH ONLY TODAY Choice Day: White Fish w/Lemon sauce Or Lemon Chicken! <u>NO</u> BINGO TODAY!!
29 Beef Stew Mashed Potatoes Biscuit Amer. Mahjong, 10am	30 11am: <i>ESL Coffee & Conversation</i> Cheddarwurst on Bun (Brat w/ cheese inside) German Potato Salad Pears	31 HALLOWEEN! Grilled Hamburger Cheesy Potatoes Baked Beans Mahjongg 10:15am	Please reserve by Noon Tues. 1 week in advance: (708) 687-8220 \$4.00 donation requested but not required	Funded in Partnership w/ AgeOptions For Guests age 60+ -Lunch Served at 12 Noon-

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