



Congregate Meals Program

Please join us for Lunch!

Salerno's Pizzeria & Sports Bar
9301 W. 63rd Street, Hodgkins, IL
Monday—Friday
Lunch begins at 11:30am

Older adults (age 60+) are invited to enjoy a freshly prepared, nutritious lunch and entertaining activities. To view the menu, please visit www.agingcareconnections.org.

Please call 708-354-1323 to make reservations and cancellations by **NOON** the day prior to attendance.

The program is funded in part by AgeOptions and Title III-C of the Older Americans Act.



The Senior Lunch Site is operated by Aging Care Connections, in partnership with Salerno's.




Se habla español.

**Suggested
Donation
\$2.50**

























SALERNO'S CONGREGATE MENU FOR AGING CARE CONNECTIONS - NOVEMBER 2017



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OCTOBER 30	OCTOBER 31	NOVEMBER 1	NOVEMBER 2	NOVEMBER 3 - ALTERNATE MEAL
		CHICKEN VESUVIO - 3 OZ. VESUVIO POTATOES - 1/2C BROCCOLI - 1/2C GARLIC BREAD - 2 OZ. GRAHAM CRACKERS - 2 FRUIT - 1/2C MILK - 8 OZ.	STUFFED SHELLS W/CHEESE (2) - W/ 3 OZ. CHEESE SPINACH - 1/2C SALAD W/TOMATOES - 1C GARLIC BREAD - 2OZ. FRUIT - 1/2C MILK - 8 OZ.	HAMBURGER OR SLOPPY JOE ON A BUN - 3 OZ. COLE SLAW - 1/2C POTATO SALAD - 1/2C CREAM OF CELERY SOUP - 3/4C FRUIT - 1/2C MILK - 8 OZ.
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NOVEMBER 6	NOVEMBER 7	NOVEMBER 8	NOVEMBER 9	NOVEMBER 10
CHICKEN FRIED RICE - 3 OZ. MEAT & 1/2C RICE GREEN BEANS - 1/2C CARROTS - 1/2C FRENCH BREAD - 2 SLS. FRUIT - 1/2C MILK - 8 OZ.	BREADED PORK TENDERLOIN - 3 OZ. MASHED POTATOES W/GRAVY - 1/2C SAUERKRAUT - 1/2C PICKLED BEETS - 1/2C RYE BREAD - 2 SLS. APPLESAUCE - 1/2C MILK - 8 OZ.	SPAGHETTI & MEAT BALLS - 3 OZ. MEAT & 1/2C SPAGHETTI SALAD W/TOMATOES - 1C ZUCCHINI - 1/2C GARLIC BREAD - 2OZ. FRUIT - 1/2C MILK - 8 OZ.	CHICKEN LEG QUARTER - 3 OZ. MAC AND CHEESE - 1/2C SALAD - 1C MIXED VEGETABLES - 1/2C FRENCH BREAD - 2 SLS. FRUIT - 1/2C MILK - 8 OZ.	PEPPER STEAK W/GREEN PEPPER & MUSHROOMS - 3OZ. BROWN RICE - 1/2C CAULIFLOWER - 1/2C FRENCH BREAD - 2SLS. FRUIT - 1/2C MILK - 8 OZ.
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NOVEMBER 13	NOVEMBER 14	NOVEMBER 15	NOVEMBER 16	NOVEMBER 17 - ALTERNATE MEAL
MEAT LOAF MASHED POTATOES W/GRAVY - 1/2C PEAS AND CARROTS - 1/2C CREAM OF BROCCOLI SOUP - 3/4C FRENCH BREAD - 2SLS. FRUIT - 1/2C MILK - 8OZ.	FETTUCINE ALFREDO W/CHICKEN - 3 OZ. GREEN BEANS - 1/2C CORN - 1/2C FRENCH BREAD - 2 SLS. FRUIT - 1/2C MILK - 8OZ.	PULLED PORK ON A BUN - 3OZ. BAKED BEANS - 1/2C COLE SLAW - 1/2C FRUIT - 1/2C MILK - 8OZ.	TURKEY - 3OZ. STUFFING W/GRAVY - 1/2C MASHED SWEET POTATOES - 1/2C CHICKEN ROSA MARINA SOUP - 3/4C FRENCH BREAD - 2SLS. CRANBERRY SAUCE - 1/2C SPINACH - 1/2C MILK - 8 OZ.	HOG DOG ON A BUN - 3OZ. OR SUB SANDWICH W/ - 2 OZ. MEAT & 2 OZ. CHEESE CHILLI W/BEANS - 3/4C POTATO SALAD - 1/2C FRUIT - 1/2C MILK - 8 OZ.
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NOVEMBER 20	NOVEMBER 21	NOVEMBER 22	NOVEMBER 23	NOVEMBER 23
GRILLED CHEESE W/BACON ON WHEAT BREAD - 3OZ. TOMATO SOUP - 3/4C CUCUMBER SALAD - 1/2C FRUIT - 1/2C MILK - 8OZ.	SAUSAGE W/GR. PEPPERS & ONIONS - 3 OZ. MEAT & BUTTERED NOODLES - 1/2C ZUCCHINI - 1/2C GARLIC BREAD - 2OZ. FRUIT - 1/2C MILK - 8OZ.	CHICKEN TACOS 3 OZ. ON WHEAT TORILLAS (2) W/CHEESE, LETTUCE, TOMATOES, SOUR CREAM SPANISH RICE - 1/2C REFRIED BEANS - 1/2C FRUIT - 1/2C MILK - 8OZ.	CLOSED 	CLOSED 
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NOVEMBER 27	NOVEMBER 28	NOVEMBER 29	NOV. 30 - TASTE OF SALERNO'S	DECEMBER 1
BEEF STROGANOFF - 3 OZ. BUTTERED NOODLES - 1/2C SALAD W/TOMATOES - 1C CORN - 1/2C FRENCH BREAD - 2 SLS. FRUIT - 1/2C MILK - 8OZ.	SWEET AND SOUR CHICKEN W/PINEAPPLE - 3OZ. BROWN RICE - 1/2C CARROTS - 1/2C. FRUIT - 1/2C MILK - 8 OZ.	PIZZA W/SAUSAGE, CHEESE, GREEN PEPPERS, & MUSHROOMS 2OZ. OF EACH SALAD - 1C - CREAM OF MUSHROOM SOUP - 3/4C FRUIT - 1/2C MILK - 8 OZ.	CHEESE RAVIOLI - 3 OZ. CHEESE LASAGNA W/MEAT - 2 OZ. MEAT GREEN BEANS - 1/2C SALAD W/TOMATOES - 1C GARLIC BREAD - 2OZ. FRUIT - 1/2C MILK - 8OZ.	

TO RESERVE CALL 708-354-1323

SALERNO'S CONGREGATE ACTIVITIES FOR AGING CARE CONNECTIONS - NOVEMBER 2017

VETERAN'S DAY NOVEMBER 11TH VETERAN'S DAY CELEBRATION TO BE ANNOUNCED	TUESDAY OCTOBER 31 Halloween Party	WEDNESDAY NOVEMBER 1	THURSDAY NOVEMBER 2	FRIDAY NOVEMBER 3
	10:00 A.M. - 2:30P.M. -BINGO GOODY BAGS, COSTUME CONTEST, A.M. & P.M. TREATS, TRICK OR TREAT GAME. 	12 NOON - HYPERTENSION WORKSHOP - PRESENTED BY: U OF I EXTENSION	12:45 P.M. - MYSTERY BINGO 	12:30 P.M. - ACES CARD GAME 
MONDAY NOVEMBER 6	TUESDAY NOVEMBER 7	WEDNESDAY NOVEMBER 8	THURSDAY NOVEMBER 9	FRIDAY NOVEMBER 10
12:45 P.M. - EVERYTHING CHOCOLATE PO-KENO 	10:00 A.M. - ADVISORY COUNCIL MEETING 12:45 P.M. - FORTUNE BINGO 	12 NOON - HYPERTENSION WORKSHOP - PRESENTED BY U OF I EXTENSION	12:45 P.M. -LET'S MAKE A DEAL BINGO 	USMC DAY MARINES EAT FREE 12:30 P.M. - ACES CARD GAME 
MONDAY NOVEMBER 13	TUESDAY NOVEMBER 14	WEDNESDAY NOVEMBER 15	THURSDAY NOVEMBER 16	FRIDAY NOVEMBER 17
CAREGIVER DAY CAREGIVERS OF PARTICIPANTS EAT FREE 11:45 A.M. - NUTRITION PRESENTATION - PRESENTED BY LAURA WALSH  12:45 P.M. - ALL COOKIE PO-KENO	12:45 P.M. - FORTUNE BINGO 	12:45 P.M. - HEARTLAND BANK SPONSORS BINGO 	10:30 A.M. - PVFD - BLOOD PRESSURE & BLOOD GLUCOSE CHECKS  11:30 A.M. - THANKSGIVING DAY LUNCH & RAFFLE 1:00 P.M. - THANKSGIVING DAY BINGO	12:30 P.M. -THE GAME OF IT.  LOAF CAKE DAY - DONATION \$1.00 
MONDAY NOVEMBER 20	TUESDAY NOVEMBER 21	WEDNESDAY NOVEMBER 22	THURSDAY NOVEMBER 23	FRIDAY NOVEMBER 24
12:45 P.M. - ALL CANDY PO-KENO 	12:45 P.M. - FORTUNE BINGO 	YOUR CHOICE	CLOSED 	CLOSED 
MONDAY NOVEMBER 27	TUESDAY NOVEMBER 28	WEDNESDAY NOVEMBER 29	THURSDAY NOVEMBER 30-- TASTE OF SALERNO'S	FRIDAY DECEMBER 1
12 :45 P.M. - DOUGHNUT PO-KENO 	12:45 P.M. - FORTUNE BINGO 	COLORFUL LUNCH - ORANGE - 3 WINNERS 	CHRISTMAS RAFFLES GO ON SALE  12:45 P.M. - EVERYTHING BUT THE KITCHEN SINK BINGO	