



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**





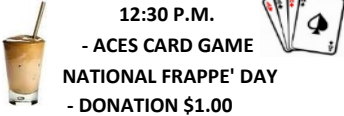
















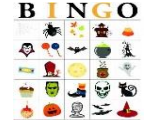





SALERNO'S CONGREGATE MENU FOR AGING CARE CONNECTIONS - OCTOBER 2017



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OCTOBER 2	OCTOBER 3	OCTOBER 4	OCTOBER 5	OCTOBER 6 - ALTERNATE MEAL
CHEESE RAVIOLI (2) 3 OZ. CHEESE, 4 OZ. RAVIOLI SALAD W/TOMATOES - 1C SPINACH - 1/2C GARLIC BREAD - 2OZ. FRUIT - 1/2C MILK - 8 OZ.	CHICKEN SALERNO - 2 OZ., CHICKEN, 2 OZ. SAUSAGE, 2 OZ. POTATOES W/GREEN PEPPERS AND ONIONS GREEN BEANS - 1/2C FR. BREAD - 2 SLS CREAM OF MUSHROOM SOUP - 3/4C FRUIT - 1/2C MILK - 8 OZ.	MEATLOAF - 3 OZ. MASHED POTATOES W/GRAVY - 1/2C PEAS - 1/2C FRUIT - 1/2C FRENCH BREAD - 2 SLS. MILK - 8 OZ	STUFFED CHICKEN BREAST - 3 OZ. STUFFING W/GRAVY - 1/2C SALAD - 1C CORN - 1/2 WHEAT BREAD - 2 OZ. CRANBERRY SAUCE - 1/2C MILK - 8 OZ.	STUFFED GREEN PEPPERS OR CHEESE PIZZA - 3 OZ. MEAT/RICE MIX & 3 OZ. CHEESE / CARROTS - 1/2C CHICKEN RICE SOUP - 3/4C FRENCH BREAD - 2 SLS. FRUIT - 1/2C MILK - 8 OZ.
OCTOBER 9	OCTOBER 10	OCTOBER 11	OCTOBER 12	OCTOBER 13
 <i>Columbus Day</i>	CHICKEN TACO'S ON WHOLE WHEAT TORTILLA'S 3OZ. W/CHEESE (2), LETTUCE, TOMATOES, & SOUR CREAM REFRIED BEANS - 1/2C SPANISH RICE - 1/2C FRUIT - 1/2C MILK - 8 OZ.	CHICKEN LEG QUARTER - 3 OZ. MAC AND CHEESE - 1/2C GREEN BEANS - 1/2C FRENCH BREAD - 2 SLS. JELLO W/FRUIT - 1/2C SALAD - 1C MILK - 8 OZ.	SPAGHETTI W/ MEATBALLS - 3 OZ. SALAD W/TOMATOES - 1C MINNESTRONNE SOUP - 3/4C BROCCOLI - 1/2C GARLIC BREAD - 2OZ. FRUIT - 1/2C MILK - 8 OZ.	GREEN PEPPERS AND EGGS - 3 OZ. SAUSAGE LINK - 2 OZ. HASH BROW POTATOES - 1/2C WHEAT BREAD - 2 OZ. GRAHAM CRACKERS - 2 FRUIT - 1/2C MILK - 8 OZ.
OCTOBER 16	OCTOBER 17	OCTOBER 18	OCTOBER 19	OCTOBER 20 - ALTERNATE MEAL
BREADED PORK TENDERLOIN - 3OZ. MASHED POTATOES W/GRAVY - 1/2C SAUERKRAUT - 1/2C RYE BREAD - 2 SLS. APPLESAUCE - 1/2C MILK - 8 OZ.	ORANGE CHICKEN - 3 OZ. BAKED POTATO W/ SOUR CREAM - 4 OZ. SPINACH - 1/2C CREAM OF BROCCOLI SOUP - 3/4C FRENCH BREAD - 2 SLS. FRUIT - 1/2C MILK - 8 OZ.	ITALIAN BEEF ON A HARD ROLL - 3OZ. PASTA SALAD - 1/2C PICKLED BEETS - 1/2C COLE SLAW - 1/2C FRUIT - 1/2C MILK - 8 OZ.	LASAGNA W/MEAT - 3OZ. SALAD - 1C GREEN BEANS - 1/2C GARLIC BREAD - 2OZ. FRUIT - 1/2C MILK - 8 OZ.	SWEDISH MEATBALLS 3 OZ. OR TILAPIA - 3 OZ. BUTTERED NOODLES - 1/2C BAKED BEANS - 1/2C ZUCCHINI - 1/2C FRENCH BREAD - 2 SLS. PEACHES W/COTTAGE CHEESE - 1/2C MILK - 8 OZ.
OCTOBER 23	OCTOBER 24	OCTOBER 25	OCTOBER 26 - TASTE OF SALERNO'S	OCTOBER 27
BEEF STROGANOFF - 3 OZ. BUTTERED NOODLES - 1/2C SALAD W/TOMATOES - 1C MIXED VEGETABLES - 1/2C FRENCH BREAD - 2 SLS. FRUIT - 1/2C MILK - 8 OZ.	PULLED PORK ON A BUN - 3 OZ. COLE SLAW - 1/2C POTATO SALAD - 1/2C FRUIT - 1/2C MILK - 8 OZ.	CHEESE MANICOTTI - 3OZ. WHEAT BREAD - 2 OZ. CORN - 1/2C GREEN BEANS - 1/2C FRUIT - 1/2C MILK - 8 OZ. MILK - 8 OZ.	CHICKEN PARMESAN - 2 OZ. CHICKEN CACCIATORE - 2 OZ. BAKED MOSTACCOLI - 1/2C SALAD W/TOMATOES - 1C GREEN PEAS - 1/2C GARLIC BR - 2 OZ. FRUIT - 1/2C MILK - 8 OZ.	GRILLED CHEESE W/BACON - 3 OZ. TOMATO SOUP - 3/4C COLE SLAW - 1/2C PICKLED BEETS - 1/2C FRUIT - 1/2C MILK - 8 OZ.
OCTOBER 30	OCTOBER 31			
PEPPER STEAK - 3 OZ. W/GREEN PEPPER & MUSHROOMS BROWN RICE - 1/2C CAUIFLOWER - 3 OZ. FRENCH BREAD - 2 SLS. FRUIT - 1/2C MILK - 8 OZ.	ITALIAN GOULASH - 3 OZ. GREEN BEANS - 1/2C SALAD - 1C ROSA MARINA SOUP - 3/4C GARLIC BREAD - 2 OZ. JELLO - 1/2C MILK - 8 OZ.			

TO RESERVE CALL 708-354-1323

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

MONDAY OCTOBER 2	TUESDAY OCTOBER 3	WEDNESDAY OCTOBER 4	THURSDAY OCTOBER 5	FRIDAY OCTOBER 6
<p>12:45 P.M. - ALL POPCORN PO-KENO - \$2.00 DONATION</p> 	<p>10:00 A.M. - ADVISORY COUNCIL 12:45 P.M. - FORTUNE BINGO</p> 	<p>10:00 A.M. - ADULT COLORING GROUP MEETS 12:30 P.M. - ACES CARD GAME NATIONAL FRAPPE' DAY - DONATION \$1.00</p> 	<p>12:45 P.M. - LET'S MAKE A DEAL BINGO</p> 	<p>10:00 A.M. TEA AND MORE</p> 
MONDAY OCTOBER 9	TUESDAY OCTOBER 10	WEDNESDAY OCTOBER 11	THURSDAY OCTOBER 12	FRIDAY OCTOBER 13
<p>CLOSED</p>  <p>Columbus Day</p>	<p>12:45 P.M. - FORTUNE BINGO</p>  <p>ANGEL FOOD CAKE W/WHIPPED CREAM - DONATION \$1.00</p> 	<p>OFF-SITE - HOPE LUTHERAN CHURCH - FREE LUNCH LUNCH ALSO SERVED AT SALERNO'S - SUGGESTED DONATION - \$2.50</p>	<p>12:45 P.M. -SURPRISE BINGO</p> 	<p>12:30 - CHARADES</p> 
MONDAY OCTOBER 16	TUESDAY OCTOBER 17	WEDNESDAY OCTOBER 18	THURSDAY OCTOBER 19	FRIDAY OCTOBER 20
<p>PO-KENO</p>  <p>12:30 P.M. - PO-KENO DONATION \$2.00</p>	<p>12:45 P.M. - FORTUNE BINGO</p>  <p>WEAR SOMETHING GUADY DAY - 2 WINNERS</p> 	<p>10:00 A.M. - ADULT COLORING GROUP MEETS</p>  <p>12:45 P.M. - HEARTLAND BANK SPONSORS BINGO</p>	<p>10:30 A.M. - PVFD - BLOOD PRESSURE & BLOOD GLUCOSE CHECKS</p>  <p>THANKSGIVING DAY RAFFLE TICKET SALES BEGIN</p>	<p>12:30 P.M. - THE CONVERSATION PIECE GAME</p> 
MONDAY OCTOBER 23	TUESDAY OCTOBER 24	WEDNESDAY OCTOBER 25	THURSDAY OCTOBER 26	FRIDAY OCTOBER 27
<p>12:45 P.M. - PO-KENO DONATION \$2.00</p> 	<p>12:45 P.M. - FORTUNE BINGO</p> 	<p>10:00 A.M. -ADULT COLORING GROUP MEETS</p> 	<p>12:45 P.M. - HALLOWEEN BINGO</p> 	<p>10:00 A.M. - PUMPKIN DECORATING - NO DONATION</p>  <p>RESERVATIONS BY OCT. 25</p>
MONDAY OCTOBER 30	TUESDAY OCTOBER 31	WEDNESDAY November 1	THURSDAY November 2	FRIDAY November 3
<p>12:45 -Mystery PO-KENO DONATION \$2.00</p> 	<p>Halloween Party 10:00 A.M. - 2:30P.M. -BINGO GOODY BAGS, COSTUME CONTEST, A.M. & P.M. TREATS, TRICK OR TREAT GAME. FLYER TO FOLLOW</p> 	<p>NOVEMBER</p> 		<p>Giving Thanks</p> 