



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 -JULY 2018



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
JULY 2	JULY 3- ALTERNATE MEAL - PICNIC	JULY 4	JULY 5	JULY 6
STUFFED CHICKEN BREAST - 3OZ. STUFFING W/GRAVY - 1/2C SALAD W/TOMATOES - 1C FRENCH BREAD - 2 SLS. CRANBERRY SAUCE - 1/2C CORN - 1/2C MILK - 8OZ.	HOT DOG OR HAMBURGER ON A BUN - 3 OZ. PASTA SALAD - 1/2C COLE SLAW - 1/2C BAKED BEANS - 1/2C WATERMELON - 1/2C MILK - 8OZ.	CLOSED 	BREADED PORK TENDERLOIN - 3 OZ. MASHED POTATOES W/GRAVY - 1/2C SAUERKRAUT - 1/2C CREAM OF MUSHROOM SOUP - 3/4C RYE BREAD - 2SLS. APPLESAUCE - 1/2C MILK - 8 OZ.	GRILLED CHEESE ON WW BREAD - 3 OZ. POTATO SALAD - 1/2C TOMATO SOUP - 3/4C FRUIT - 1/2C MILK - 8OZ.
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
JULY 9	JULY 10	JULY 11	JULY 12	JULY 13
CHICKEN LEG QUARTER - 3OZ. MASHED SWEET POTATOES - 1/2C CAULIFLOWER - 1/2C SALAD W/TOMATOES - 1C FRENCH BREAD - 2 SLS. FRUIT - 1/2C MILK - 8 OZ.	TILAPIA - 3OZ. MAC AND CHEESE - 1/2C SPINACH - 1/2C SALAD 1C FRENCH BREAD - 2SLS. COTTAGE CHEESE W/PEACHES - 1/2C MILK - 8OZ.	SLOPPY JOE ON A BUN - 3OZ. POTATO SALAD - 1/2C BAKED BEANS - 1/2C COLE SLAW - 1/2C FRUIT - 1/2C MILK - 8OZ.	CHICK SALERNO'S W/SAUSAGE, MUSH, POTATOES, ONIONS, GR PEPPERS - 3 OZ. SALAD W/TOMATOES - 1C BROCCOLI - 1/2C GARLIC BR - 2OZ. GRAHAM CRACKERS - 2 FRUIT - 1/2C MILK - 8OZ.	MEATLOAF - 3OZ. MASHED POTATOES W/GRAVY - 1/2C PEAS AND CARROTS - 1/2C CREAM OF CELERY SOUP - 3/4C FRENCH BREAD - 2SLS. FRUIT - 1/2C MILK - 8OZ.
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
JULY 16	JULY 17	JULY 18	JULY 19	JULY 20 - ALTERNATE MEAL
CHICKEN PICANTE' - 3OZ. BAKED POTATO W/SOUR CREAM - 4OZ. GREEN BEANS - 1/2C WHOLE WHEAT BREAD - 2SLS. FRUIT - 1/2C MILK - 8OZ.	CORNEBEEF - 3 OZ. BOILED POTATOES - 1./2C CABBAGE - 1/2C CARROTS - 1/2C RYE BREAD - 2SLS. FRUIT - 1/2C MILK - 8OZ.	ITALIAN SAUSAGE - 3OZ. MOSTACIOLLI - 1/2C SPINACH - 1/2C SALAD - 1C GARLIC BREAD - 2OZ. FRUIT - 1/2C MILK - 8OZ.	CHICKEN TACOS (2) ON WW TORTILLAS W/TOMATOES, CHEESE, SALSA, LETTUCE, SOUR CREAM - 3OZ. REFRIED BEANS - 1/2C SPANISH RICE - 1/2C FRUIT - 1/2C MILK - 8 OZ.	CHEESE OR CHEESE & SAUSAGE PIZZA W/GR PEPPERS, MUSH, & ONIONS - 3 oz. CREAM OF BROCCOLI SOUP - 3/4C COLE SLAW - 1/2C FRUIT - 1/2C MILK - 8OZ.
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
JULY 23	JULY 24	JULY 25	JULY 26 - TASTE OF SALERNO'S	JULY 27
SWEET AND SOUR CHICKEN - 3OZ. BROWN RICE - 1/2C MIXED VEGETABLES - 1/2C PICKLED BEETS - 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 ROASTED POTATOES - 1/2C CREAM OF SPINACH SOUP - 3/4C FRUIT - 1/2C MILK - 8OZ.	JULIENNE SALAD W/CHEESE, MEAT AND TOMATOES - 2 OZ. EACH CREAM OF POTATO SOUP - 3/4C FRENCH BREAD - 2 SLS. FRUIT - 1/2C MILK - 8OZ.	ITALIAN SAUSAGE - 2OZ. CHICKEN CACCIATORE - 2 OZ. EGG PLANT PARMIGIANA - 1/2C SALAD - 1C GARLIC BREAD - 2OZ. GRAHAM CRACKERS - 2 FRUIT - 1/2C MILK - 8OZ.	SPAGHETTI 1/2C & MEATBALLS - 3 OZ. CORN - 1/2C ZUCHINI W/TOMATOES - 1/2C GARLIC BREAD - 2OZ. FRUIT - 1/2C MILK - 8OZ.
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
JULY 30	JULY 31	AUGUST 1	AUGUST 2	AUGUST 3
CREAMY CHICKEN ALFREDO - 3OZ. BROCCOLI - 1/2C NAVY BEAN SOUP W/PORK - 3/4C FRENCH BREAD - 2SLS. FRUIT - 1/2C MILK - 8OZ.	FISH - 3OZ. BROWN RICE W/GRAVY - 1/2C MIXED VEGETABLES - 1/2C CHICK ROSA MARINA SOUP - 3/4C RYE BREAD - 2 SLS. FRUIT - 1/2C MILK - 8 OZ.			

TO RESERVE CALL 708-354-1323