



CONGREGATE MEALS PROGRAM

The Congregate Meals Program is offering a freshly prepared, nutritious lunch.

You can pick up or stay and dine option.

Older adults (age 60+) are invited.

Dates: Monday through Friday

Time: 11:30 am - 1 pm

Location: Salerno's Pizzeria and Sports Bar
9301 W. 63rd Street, Hodgkins, IL

Cost: \$2.50 donation


RSVP: Please call 708-603-2269 by 4 pm to reserve for the next day meal or to cancel an existing reservation

Funded in part by: 

Aging Care Connections does not discriminate in admission to programs or treatment of employment in compliance with appropriate state and federal statutes. If you feel you have been discriminated against call (708) 354-1323.

708-354-1323 111 W. Harris Ave., La Grange, IL 60525 www.agingcareconnections.org

SALERNO'S CONGREGATE MENU FOR AGING CARE CONNECTIONS - SEPTEMBER 2022 

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AUGUST 29 SAUSAGE PIZZA WITH WITH EXTRA THIN CRUST - 3 OZ. FRUIT - 1/2 C MILK - 8 OZ.	AUGUST 30 EGGPLANT PARMESAN - 3 OZ. VEGGIE - 1/2 C BREAD - 4 OZ. FRUIT - 1/2 C MILK - 8 OZ.	AUGUST 31 CHICKEN BREAST - 3 OZ. MASH POTATO W/ GRAVY - 1/2 C VEGGIE - 1/2 C FRUIT - 1/2C BREAD - 4 OZ. MILK - 8 OZ.	SEPTEMBER 1 EGG & PEPPER SANDWICH - 3 OZ. FRIES - 1/2 C FRUIT - 1/2 C MILK - 8 OZ.	SEPTEMBER 2 ITALIAN BEEF ON A BUN - 3 OZ. W/GREEN PEPPERS FRIES - 1/2 C VEGGIES - 1/2 C FRUIT - 1/2 C MILK - 8 OZ.
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SEPTEMBER 5  LABOR DAY	SEPTEMBER 6 RAVIOLI - 1/2 C W/MEAT SAUCE - 3 OZ. VEGGIE - 1/2 C BREAD - 4 OZ. FRUIT - 1/2 C MILK - 8 OZ.	SEPTEMBER 7 CHICKEN BREAST - 3 OZ. MAC AND CHEESE - 1/2 C CELERY STICKS (RAW) - 1/2 C BREAD - 4 OZ. FRUIT - 1/2 C MILK - 8 OZ.	SEPTEMBER 8 MEATBALL SANDWICH - 3 OZ. WITH CHEESE, GR PEPPER, ONION FRIES - 1/2 C FRUIT - 1/2 C MILK - 8 OZ.	SEPTEMBER 9 VEGGIE PIZZA WITH CHEESE, GR PEPPER, ONION WITH EXTRA THIN CRUST - 3 OZ. FRUIT - 1/2 C MILK - 8 OZ.
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SEPTEMBER 12 BLT SANDWICH (BACON, MAYO, TOMATO, LETTUCE) - 3 OZ CARROTS & CELERY STICKS - 1/2 C FRUIT - 1/2 C MILK - 8 OZ.	SEPTEMBER 13 BAKED MOSTACCIOLI WITH MEAT SAUCE - 1/2 C BREAD - 4 OZ. VEGGIES - 1/2C FRUIT - 1/2C MILK 8 OZ	SEPTEMBER 14 CHICKEN VESUVIO W/EX SAUCE - 3OZ. VESUVIO POTATOE W/EX SAUCE - 1/2 C BREAD- 4 OZ. FRUIT - 1/2C MILK - 8 OZ.	SEPTEMBER 15 HAM AND CHEESE ON A BUN - 3 OZ. PASTA SALAD - 1/2 C FRUIT - 1/2 C MILK - 8 OZ	SEPTEMBER 16 JULIAN SALAD - 1 C W/HAM, TURKEY, CHEESE, TOMATOES - 2 OZ. EACH BREAD - 4 OZ. FRUIT - 1/2 C MILK - 8 OZ
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SEPTEMBER 19 SAUSAGE PIZZA WITH WITH EXTRA THIN CRUST - 3 OZ. FRUIT - 1/2 C MILK - 8 OZ.	SEPTEMBER 20 RAVIOLI 1/2 C W/MEAT SAUCE - 3 OZ. VEGGIE - 1/2 C BREAD - 4 OZ. FRUIT - 1/2 CUP MILK - 8 OZ.	SEPTEMBER 21 LEMON CHICKEN - 3 OZ. RICE W/GRAVY - 1/2 C VEGGIE - 1/2 CUP FRUIT - 1/2 C BREAD - 4 OZ. MILK - 8 OZ.	SEPTEMBER 22 TUNA SALAD WITH CRACKERS - 3 OZ SERVED WITH LETTUCE , TOMATOE PASTA SALAD - 1/2 C FRUIT - 1/2C MILK - 8 OZ.	SEPTEMBER 23 TURKEY CLUB WITH BACON ON RYE BREAD - 3 OZ. PASTA SALAD - 1/2 C FRUIT - 1/2 C MILK - 8 OZ.
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SEPTEMBER 26 EGGPLANT PARMESAN - 3 OZ. VEGGIE - 1/2 C BREAD - 4 OZ. FRUIT - 1/2 CUP MILK - 8 OZ.	SEPTEMBER 27 JULIAN SALAD - 1 C W/HAM, TURKEY, CHEESE, TOMATOES - 2 OZ EACH BREAD - 4 OZ. FRUIT - 1/2 C MILK - 8 OZ	SEPTEMBER 28 STUFFED CHICKEN BREAST - 3 OZ. STUFFING W/GRAVY - 1/2 C VEGGIE - 1/2 C FRUIT - 1/2 C BREAD - 4 OZ. MILK - 8 OZ.	SEPTEMBER 29 CHEESEBURGER ON A BUN WITH LETTUCE, TOMATO, & ONION - 3 OZ. FRIES - 1/2 C FRUIT - 1/2 C MILK - 8 OZ.	SEPTEMBER 30 SPAGHETTI - 1/2 C w/MEATBALLS - 3 OZ. BREAD - 4 OZ. FRUIT - 1/2 C MILK - 8 OZ.

SALAD - 1 C w/ each meal.

TO RESERVE CALL 708-603-2269

BEFORE 4pm to order for next days meal.

All & any items maybe subject to change.