

## "Lunch with Us" August 2017 Menu

\* Indicates low sodium or diabetic substitute

	TUESDAY 01-Aug	WEDNESDAY 02-Aug	THURSDAY 03-Aug	FRIDAY 04-Aug
	>ORZO CHICKEN SALAD >MIXED SALAD GREENS >HERBED TOMATO WEDGES >MULTI-GRAIN BREAD >PINEAPPLE TID BITS >CHEF CHOICE	>APPLE RAISIN FRENCH TOAST STRATA >DICED HASH BROWNS >SAUSAGE LINKS >FRESH MELON >JUICE	>BAKED MEATLOAF W/ COUNTRY GRAVY >MASHED POTATOES >PEAS & CARROTS >WHOLE WHEAT BREAD >BANANA >WHOLE ORANGE	>POTATO CRUSTED FISH FILET >AU GRATIN POTATOES >COLE SLAW >WHOLE WHEAT BREAD >HOT APPLESAUCE *diced potatoes
MONDAY 07-Aug >MEATBALL/MARINARA SUB SANDWICH >POTATOES ITALIANO >ITALIAN GREEN BEANS >SOFT HOAGIE ROLL >WHOLE ORANGE *lean beef patty marinara /diab sub	TUESDAY 08-Aug >PORK RIBLET SWISS STEAK & VEGETABLES >MASHED POTATOES >CABBAGE & CARROTS >MULTI-GRAIN BREAD >RANGER COOKIE >WHOLE APPLE *low sodium pork cutlet	WEDNESDAY 09-Aug >HAM & TURKEY CLUB >FOCACCIA FLAT BREAD >LETTUCE & TOMATO >PEA SALAD >PINEAPPLE TID BITS	THURSDAY 10-Aug >CHICKEN & MINI DUMPLINGS >GARDEN VEGETABLES >BEET SALAD >CRACKERS >HOT GLAZED APPLES >BANANA	FRIDAY 11-Aug >BREADED VEAL CUTLET W/ ARTICHOKE SAUCE >MASHED POTATOES >BROCCOLI >WHOLE WHEAT BREAD >FRESH MELON
MONDAY 14-Aug >CHICKEN ALA ORANGE >VEGETABLE RICE PILAF >CHICK PEA SALAD >WHEAT CRANBERRY BREAD >HOT PEACH CRUMBLE	TUESDAY 15-Aug >SHAVED FRENCH DIP OF BEEF >BARLEY W/ MUSHROOMS & ONIONS >HARVARD BEETS >FRENCH ROLL >FRESH MELON >CHEF CHOICE	WEDNESDAY 16-Aug >HOT DOG >TWICE BAKE POTATO CASSEROLE >PEAS & CARROTS >HOT DOG BUN >BANANA *pulled pork w/ light bbq sauce	THURSDAY 17-Aug >SURIMI CRAB SALAD >LEAF LETTUCE GARNISH & TOMATO WEDGES >DILLED CUCUMBERS >WHOLE WHEAT BREAD >APPLE CRISP >FRUIT CUP *diabetic sub	FRIDAY 18-Aug >CLASSIC LASAGNA W/ MEAT SAUCE >SQUASH MEDLEY >ITALIAN GREEN BEANS >GARLIC BREAD >OATMEAL RAISIN COOKIE/diab sub.
MONDAY 21-Aug >PRIME RIB OF PORK >MASHED POTATOES & GRAVY >CHEF'S VEGETABLE >WHOLE WHEAT BREAD >STRAWBERRY YOGURT	TUESDAY 22-Aug >HAMBURGER >BAKED BEANS >MIXED VEGETABLE >WHEAT HAMBURGER BUN >FRUIT SUNBURST >MELON *white beans	WEDNESDAY 23-Aug >BLT CHICKEN SALAD >MIXED SALAD GREENS W/ TOMATO WEDGES >TRI-BEAN SALAD >CRACKERS >AMBROSIA FRUIT CUSTARD *diabetic sub *no bacon	THURSDAY 24-Aug >SPAGHETTI & MEATBALLS W/ MARINARA SAUCE >CAPRI BLEND VEGETABLES >CHILLED PEARS >BROCCOLI SALAD	FRIDAY 25-Aug >HERBED BAKED CHICKEN >MASHED POTATOES/ GRAVY >GREEN BEAN CASSEROLE >BRAN MUFFIN BREAD >FRESH MELON
MONDAY 28-Aug >SALISBURY STEAK >MASHED POTATOES/GRAVY >STEWED TOMATOES >WHOLE WHEAT BREAD >WHOLE ORANGE *low sodium tomatoes	TUESDAY 29-Aug >BROCCOLI & CHEDDAR SOUFFLE >SAUSAGE GRAVY >BAKING POWDER BISCUIT >JUICE >BANANA >CHEF CHOICE	WEDNESDAY 30-Aug >ITALIAN BEEF >AU GRATIN POTATOES >HARVARD BEETS >WHEAT SANDWICH BUN >MIXED FRUIT	THURSDAY 31-Aug >CHICKEN BOOYAH & VEGETABLES >MASHED POTATOES >SPICED APPLES >RYE BREAD >PEA SALAD	

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847-823-0453

[concern@centerofconcern.org](mailto:concern@centerofconcern.org)