

"Lunch with Us" July 2017 Menu

* Indicates low sodium or diabetic substitute

MONDAY 03-Jul >CHICKEN ALA ORANGE >VEGETABLE RICE PILAF >CHICK PEA SALAD >WHEAT CRANBERRY BREAD >HOT PEACH CRUMBLE	TUESDAY 04-Jul Jul Fourth of July! No lunch	WEDNESDAY 05-Jul Jul >HOT DOG >TWICE BAKE POTATO CASSEROLE >PEAS & CARROTS >HOT DOG BUN >BANANA *pulled pork w/ light bbq sauce	THURSDAY 06-Jul Jul >SURIMI CRAB SALAD >LEAF LETTUCE GARNISH & TOMATO WEDGES >DILLED CUCUMBERS >WHOLE WHEAT BREAD >APPLE CRISP >FRUIT CUP *diabetic sub	FRIDAY 07-Jul Jul >CLASSIC LASAGNA W/ MEAT SAUCE >SQUASH MEDLEY >ITALIAN GREEN BEANS >GARLIC BREAD >OATMEAL RAISIN COOKIE/diab sub.
MONDAY 10-Jul >PRIME RIB OF PORK >MASHED POTATOES & GRAVY >CHEF'S VEGETABLE >WHOLE WHEAT BREAD >STRAWBERRY YOGURT	TUESDAY 11-Jul >HAMBURGER >BAKED BEANS >MIXED VEGETABLE >WHEAT HAMBURGER BUN >FRUIT SUNBURST >MELON *white beans	WEDNESDAY 12-Jul Jul >BLT CHICKEN SALAD >MIXED SALAD GREENS W/ TOMATO WEDGES >TRI-BEAN SALAD >CRACKERS >AMBROSIA FRUIT CUSTARD *diabetic sub *no bacon	THURSDAY 13-Jul Jul >SPAGHETTI & MEATBALLS W/ >MARINARA SAUCE >CAPRI BLEND VEGETABLES >CHILLED PEARS >BROCCOLI SALAD	FRIDAY 14-Jul Jul >HERBED BAKED CHICKEN >MASHED POTATOES/ GRAVY >GREEN BEAN CASSEROLE >BRAN MUFFIN BREAD >FRESH MELON
MONDAY 17-Jul >SALISBURY STEAK >MASHED POTATOES/GRAVY >STEWED TOMATOES >WHOLE WHEAT BREAD >WHOLE ORANGE *low sodium tomatoes	TUESDAY 18-Jul Jul >BROCCOLI & CHEDDAR SOUFFLE >SAUSAGE GRAVY >BAKING POWDER BISCUIT >JUICE >BANANA >CHEF CHOICE	WEDNESDAY 19-Jul Jul >ITALIAN BEEF >AU GRATIN POTATOES >HARVARD BEETS >WHEAT SANDWICH BUN >MIXED FRUIT	THURSDAY 20-Jul Jul >CHICKEN BOOYAH & VEGETABLES >MASHED POTATOES >SPICED APPLES >RYE BREAD >PEA SALAD	FRIDAY 21-Jul Jul >TURKEY PASTA SALAD W/SHELL RIGATE >LETTUCE/ TOMATO >TRI-BEAN SALAD >WHOLE WHEAT BREAD >PINEAPPLE TID BITS
MONDAY 24-Jul >BBQ RIBLET >BAKED POTATO >PARSLIED CAULIFLOWER >SLICED WHEAT BUN >MIXED FRUIT *low sodium sauce	TUESDAY 25-Jul Jul >ITALIAN SAUSAGE/MARINARA >SCALLOPED POTATOES >BRUSSELS SPROUTS >MULTI - GRAIN DINNER ROLL >FRESH MELON >JUICE *Italian ground pork marinara	WEDNESDAY 26-Jul Jul >JAMBALYA >BROWN RICE & RED PEPPERS >BROCCOLI >CORN BREAD >CHILLED PEARS	THURSDAY 27-Jul Jul >DILLED TUNA SALAD Sandwich, LETTUCE AND TOMATO, WHEAT SANDWICH BUN >GARBANZO & KIDNEY BEAN W/ SLIVERED CARROTS BALSAMIC >CHILLED PEACHES >FRESH MELON	FRIDAY 28-Jul Jul >CHICKEN MARBELLA >RICE FLORENTINE >COUNTRY BLEND >WHOLE WHEAT BREAD >WHOLE ORANGE
MONDAY 31-Jul >KIELBASA >DILLED BABY RED POTATOES >RED CABBAGE & APPLES	>RYE BREAD >FRUIT CUP *low sodium Italian Pork	The Center of Concern does not discriminate in admission to programs or activities or treatment of employment in programs or activities in compliance with the Illinois Human Rights Act, Title VI of the U.S. Civil Rights Act, as amended; Title VII of the U.S. Civil Rights Act, as amended; Section 504 of the Rehabilitation Act, as amended; the Age Discrimination Act, as amended; the Age Discrimination in Employment Act, as amended; their applicable rules and regulations pursuant thereto; the Constitution of the United States; and the Illinois Constitution.		