

"Lunch with Us" September 2017 Menu

* Indicates low sodium or diabetic substitute

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www.Center of Concern.org
847-823-0453
concern@centerofconcern.org

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| MONDAY | 01-Sep | >TRI-BEAN SALAD >TURKEY PASTA SALAD W/SHELL RIGATE >LETTUCE/ TOMATO |
| | | >WHOLE WHEAT BREAD >PINEAPPLE TID BITS |

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| MONDAY 04-Sep Labor Day! No lunch | TUESDAY 05-Sep >ITALIAN SAUSAGE/MARINARA >SCALLOPED POTATOES >BRUSSELS SPROUTS >MULTI - GRAIN DINNER ROLL >FRESH MELON >JUICE *Italian ground pork marinara | WEDNESDAY 06-Sep >JAMBALYA >BROWN RICE & RED PEPPERS >BROCCOLI >CORN BREAD >CHILLED PEARS | THURSDAY 07-Sep >DILLED TUNA SALAD Sandwich >LETTUCE AND TOMATO >GARBANZO & KIDNEY BEAN W/ SLIVERED CARROTS BALSAMIC >WHEAT SANDWICH BUN >CHILLED PEACHES >FRESH MELON | FRIDAY 08-Sep >CHICKEN MARBELLA >RICE FLORENTINE >COUNTRY BLEND >WHOLE WHEAT BREAD >WHOLE ORANGE |
| MONDAY 11-Sep >KIELBASA >DILLED BABY RED POTATOES >RED CABBAGE & APPLES >RYE BREAD >FRUIT CUP *low sodium Italian Pork | TUESDAY 12-Sep >ORZO CHICKEN SALAD >MIXED SALAD GREENS >HERBED TOMATO WEDGES >MULTI-GRAIN BREAD >PINEAPPLE TID BITS >CHEF CHOICE | WEDNESDAY 13-Sep >APPLE RAISIN FRENCH TOAST STRATA >DICED HASH BROWNS >SAUSAGE LINKS <FRESH MELON <JUICE | THURSDAY 14-Sep >BAKED MEATLOAF W/ COUNTRY GRAVY >MASHED POTATOES >PEAS & CARROTS >WHOLE WHEAT BREAD >BANANA >WHOLE ORANGE | FRIDAY 15-Sep >POTATO CRUSTED FISH FILET >AU GRATIN POTATOES >COLE SLAW >WHOLE WHEAT BREAD >HOT APPLESAUCE *diced potatoes |
| MONDAY 18-Sep >MEATBALL/MARINARA SUB SANDWICH >POTATOES ITALIANO >ITALIAN GREEN BEANS >SOFT HOAGIE ROLL >WHOLE ORANGE *lean beef patty marinara diab sub | TUESDAY 19-Sep >PORK RIBLET SWISS STEAK & VEG >MASHED POTATOES >CABBAGE & CARROTS >MULTI-GRAIN BREAD >RANGER COOKIE >WHOLE APPLE *low sodium pork cutlet | WEDNESDAY 20-Sep >HAM & TURKEY CLUB >FOCACCIA FLAT BREAD >LETTUCE & TOMATO >PEA SALAD >PINEAPPLE TID BITS | THURSDAY 21-Sep >CHICKEN & MINI DUMPLINGS >GARDEN VEGETABLES >BEET SALAD >CRACKERS >HOT GLAZED APPLES >BANANA | FRIDAY 22-Sep >BREADED VEAL CUTLET W/ ARTICHOKE SAUCE >MASHED POTATOES >BROCCOLI >WHOLE WHEAT BREAD >FRESH MELON |
| MONDAY 25-Sep >CHICKEN ALA ORANGE >VEGETABLE RICE PILAF >CHICK PEA SALAD >WHEAT CRANBERRY BREAD >HOT PEACH CRUMBLE | TUESDAY 26-Sep >SHAVED FRENCH DIP OF BEEF >BARLEY W/ MUSHROOMS & ONIONS >HARVARD BEETS >FRENCH ROLL >FRESH MELON >CHEF CHOICE | WEDNESDAY 27-Sep >HOT DOG >TWICE BAKE POTATO CASSEROLE >PEAS & CARROTS >HOT DOG BUN >BANANA *pulled pork w/ light bbq sauce | THURSDAY 28-Sep >SURIMI CRAB SALAD >LEAF LETTUCE GARNISH & TOMATO WEDGES >DILLED CUCUMBERS >WHOLE WHEAT BREAD >APPLE CRISP >FRUIT CUP *diabetic sub | FRIDAY 29-Sep >CLASSIC LASAGNA W/ MEAT SAUCE >SQUASH MEDLEY >ITALIAN GREEN BEANS >GARLIC BREAD >OATMEAL RAISIN COOKIE/diab sub. |