

October 2022 Bremen Township Senior Lunch 15350 Oak Park Ave., Oak Forest, Bldg C ~ 708-687-8220

Monday	Tuesday	Wednesday	Thursday	Friday
3 Roast Pork/Gravy Au Gratin Potatoes Peas & Carrots Wheat Bread	4 Chicken Rice Cheddar- Broccoli Casserole Cauliflower Warm Pear/Cranberries Pea Salad	5 Salisbury Steak/Gravy Mashed Potatoes Multi-grain roll & more	6 Lunch is served at NOON Café Opens 11:15am	7 Funded in Partnership with AgeOptions
10 No Lunch Today Columbus Day Indigenous Peoples Day	11 Spaghetti & Meatballs Mixed Salad Greens Warm Peach Dessert	12 Shaved Pork w/Sauce Scalloped Potatoes Brussels Sprouts Apple Sauce	13 Baked Chicken/ Gravy Mashed Potatoes Cauliflower, Wheat Bread Mandarin Oranges	14 Call for a reservation at least 1 week in advance (708) 687-8220
17 Hot Roast Beef Mashed Potatoes/Gravy Vegetable, Orange	18 BBQ Riblet on Bun Oven Fries Black Beans w/Corn	19 Roast Turkey w/Cheesy sauce Rice Pilaf, Biscuit Broccoli	20 No Lunch Today	21 Lunch is served at NOON Café Opens 11:15am
24 Sliced Bratwurst Diced Potatoes Rye Bread, Carrots & Fruit	25 Chicken in Cream Sauce Mashed Potatoes Broccoli, Bread Chocolate Pudding!	26 Texas Chili <i>so good mixed</i> Mac & Cheese <i>together!</i> Multi grain bread Veg., fruit cup	27 Veal Marsala Scalloped Potatoes Stewed Tomatoes Bread, Pears, Beet Salad	28 Save money and buy a 10- Lunch Punch Card* \$35 for 10 = \$3.50 per Lunch!
31 Halloween! Hot Roast Beef/Gravy Mashed Potatoes Vegetable Fresh orange	(NOV.1) Turkey Pot Roast/ Gravy Baked Potato Vegetable, Fruit & Multi grain bread	Special Diet meals available: <ul style="list-style-type: none"> • Low Sodium • Diabetic • Gluten Free Call Sue for more info	(708) 687-8220 \$4.00 donation requested, but not required	*Pay by Cash or make checks payable to: Bremen Township

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