



Department of Family and Support Services  
 Senior Services Area Agency on Aging  
 Norwood Park Satellite Senior Center  
 5801 N. Natoma Chicago, IL. 60631  
 Open Monday-Friday from 8:30-4:30  
 Phone (773)775-6071

# October 2022 MENU

*Norwood Park Senior Center Reshaping Aging®*

Monday	Tuesday	Wednesday	Thursday	Friday
9/26	9/27	Pancakes Cottage Cheese Sun butter/wow butter Sliced Peaches Orange Juice Syrup Packet	9/28 Greek Pasta Salad w/ Chicken, Feta, Cucumbers, & Diced Tomatoes Red Pepper Strips, Ranch Dressing, Fruit Cup	9/29 Turkey & Yellow American Cheese on WG Bun, Garbanzo Bean Salad, Seasonal Fresh Fruit, Jello
Chicken Salad Sandwich grape tomatoes, Fruit Juice, Fruit Cup, Jello Cup and	10/3 Roast Beef & Swiss Cheese on WG bun, Coleslaw, Fruit Juice Seasonal Fresh Fruit, Jello, Milk	10/4 Chicken Filet Sandwich on WG Bun BBQ bean Salad Fruit Juice, Seasonal Fresh Fruit cookie	10/5 Pancakes Cottage Cheese Sun butter/wow butter Sliced Peaches ,Orange Juice, Syrup Apple Milk	10/6 (Turkey) HAM & Yellow American Cheese on WG Bun, Potao Salad, Fruit cup, fruit juice, Jello Cup, Milk
<b>CLOSED for COLUMBUS DAY</b>	10/10 Roast Beef & Cheddar Cheese on Rye Bread Tomato slices, Fruit Juice, Seasonal Fresh Fruit Blueberry Muffin, Milk	10/11 Egg Salad sandwich on WG Bread, Red Pepper strips, Fruit Juice , Fruit cup Cookie, Milk	10/12 Turkey & white American Cheese on WG Bun, Cucumber Salad, Seasonal Fresh Fruit, Jello Cup, Milk	10/13 Greek Pasta Salad w/ Chicken, Feta, Cucumbers, & Diced Tomatoes Three Bean Salad, Ranch Dressing, Fruit Cup, cookie,
Chicken Salad Sandwich Garbanzo Bean Salad Fruit Juice, Fruit Cup, Jello Cup and	10/17 Roast Beef & Swiss Cheese on WG bun, Coleslaw, Fruit Juice Seasonal Fresh Fruit, Jello, Milk	10/18 Chicken Filet Sandwich on WG Bun BBQ bean Salad Fruit Juice, Seasonal Fresh Fruit cookie	10/19 Pancakes Cottage Cheese Sun butter/wow butter Sliced Peaches Orange Juice Syrup Packet Apple Milk	10/20 (Turkey) HAM & Yellow American Cheese on WG Bun, Potato Salad, Fruit cup, fruit juice, Jello Cup, Milk
Submarine Sandwich on Steak Bun Potato Salad Fruit Cup Cookie Fruit Juice	10/24 Roast Beef & Cheddar Cheese on Rye Bread Tomato slices, Fruit Juice, Seasonal Fresh Fruit Blueberry Muffin, Milk	10/25 Egg Salad sandwich on WG Bread, Red Pepper strips, Fruit Juice , Fruit cup Cookie, Milk	10/26 Turkey & White American Cheese on WG Bun, Cucumber Salad, Seasonal Fresh Fruit, Jello Cup, Milk	10/27 Greek Pasta Salad w/ Chicken, Feta, Cucumbers, & Diced Tomatoes Three Bean Salad, Ranch Dressing, Fruit Cup, cookie, milk



