



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

**August**

*Norwood Park Senior Center Reshaping Aging®*

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Submarine Sandwich <b>8/1</b> on Steak Bun (turkey, salami, turkey ham) Potato Salad Fruit Cup, Cookie, mayo, mustard	Tuna Salad Sandwich <b>8/2</b> on WG Hamburger Bun Garbanzo Bean Salad Fruit Juice Fruit Cup	Roast Beef & White American <b>8/3</b> Cheese on Rye bread Three Bean Salad Fruit Juice Seasonal Fresh Fruit Blueberry Muffin Mayonnaise & Mustard Milk	Greek Pasta Salad w/ <b>8/4</b> Chicken, Feta, cucumbers, & Diced Tomatoes , WG Roll, Fruit Cup. Cookie,	Turkey & American <b>8/5</b> Cheese Sandwich Sandwich Garbanzo Bean,
Roast Beef & American <b>8/8</b> Cheese on WG Steak Bun Coleslaw , Fruit Cup, Jello Cup , Milk Mayonnaise & Mustard	Chicken Filet <b>8/9</b> Sandwich Hamburger Bun, Cucumber Salad Jello, Fresh	Pancakes <b>8/10</b> Cottage Cheese Peaches Orange Juice Milk	Turkey & White <b>8/11</b> American Cheese on WG Bread Potato Salad Fruit Juice Seasonal Fresh Fruit,	Chicken Salad <b>8/12</b> Sandwich Coleslaw Fruit Juice Cookie and Milk
Submarine Sandwich <b>8/15</b> on Steak Bun (turkey, salami, turkey ham) Potato Salad Fruit Cup, Cookie, mayo, mustard	Tuna Salad Sandwich <b>8/16</b> on WG Hamburger Bun Garbanzo Bean Salad Fruit Juice Fruit Cup Jello Cup , Milk	Roast Beef & White <b>8/17</b> American Cheese on Rye bread Three Bean Salad Fruit Juice Seasonal Fresh Fruit Blueberry Muffin Mayonnaise & Mustard	Greek Pasta Salad w/ <b>8/18</b> Chicken, Feta, cucumbers, & Diced Tomatoes , WG Roll, Fruit Cup. Cookie,	Turkey & American <b>8/19</b> Cheese Sandwich Garbanzo Bean, Seasonal Frsh Fruit, Fruit Cup, Jello,
Roast Beef & <b>8/22</b> Mozzarella Cheese on WG Bun Three Bean Salad Fruit Juice Seasonal Fresh Fruit Jello Cup , Milk Mayonnaise &	Chicken Filet <b>8/23</b> Sandwich Hamburger Bun, Cucumber Salad Jello, Fresh Fruit Jello Cup , Milk Mayonnaise &	Pancakes <b>8/24</b> Cottage Cheese Peaches Orange Juice Milk	Turkey & White <b>8/25</b> American Cheese on WG Bread Potato Salad Fruit Juice Seasonal Fresh Fruit, Cookie, Milk, Mayonnaise &	Chicken Salad <b>8/26</b> Sandwich Coleslaw Fruit Juice Cookie and Milk
<b>8/29</b> Submarine Sandwich on Steak Bun (turkey, salami, turkey ham) Potato Salad Fruit Cup,	<b>8/30</b> Tuna Salad Sandwich on WG Hamburger Bun Garbanzo Bean Salad Fruit Juice Fruit Cup	<b>8/31</b> Roast Beef & White American Cheese on Rye bread Three Bean Salad Fruit Juice Seasonal Fresh Fruit Blueberry Muffin		