



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

**April**

*Norwood Park Senior Center*

*Reshaping Aging*

Monday	Tuesday	Wednesday	Thursday	Friday
Roast Beef & Cheese <b>4/4</b> on Rye Bread Coleslaw Fruit Juice, Milk Fruit Cup, Cookie Mayonnaise & Mustard	Turkey & White <b>4/5</b> American Cheese on WG Bread Cucumber Salad Fruit Juice Seasonal Fresh Fruit Jello Cup, Milk	Pancakes <b>4/6</b> Cottage Cheese Sun butter/wow butter Sliced Peaches Orange Juice Syrup Packet Apple, Milk	Ham /Cheese <b>4/7</b> Diced Pears Cup Whole Grain English Muffin Orange Juice Fresh Fruit Milk	Tuna Salad Sandwich on <b>4/6</b> WG Hamburger Bun Garbanzo Bean Salad Fruit Juice Fruit Cup Jello Cup , Milk
Ham & Cheese Sandwich <b>4/11</b> on WG Bread Potato Salad Fruit Juice Fruit Cup Jello Cup, Milk Mayonnaise & Mustard	Chicken Salad Sandwich <b>4/12</b> on WG Hamburger Bun Coleslaw Fruit Juice Seasonal Fresh Fruit, Cookie, Milk	Roast Beef & Mozzarella <b>4/13</b> Cheese on WG Steak Bun Three Bean Salad Fruit Juice Seasonal Fresh Fruit Jello Cup , Milk Mayonnaise & Mustard	Pancakes Cottage Cheese <b>4/14</b> Sun butter/wow butter Sliced Peaches Orange Juice Syrup Packet Apple Milk	Greek Pasta Salad w/ <b>4/15</b> Chicken, Feta, cucumbers, & Diced Tomatoes Garbanzo Bean Salad Seasonal Fresh Fruit Jello Cup Milk
Roast Beef & Cheese <b>4/18</b> on Rye Bread Coleslaw Fruit Juice, Milk Fruit Cup, Cookie Mayonnaise & Mustard	Turkey & White <b>4/19</b> American Cheese on WG Bread Cucumber Salad Fruit Juice Seasonal Fresh Fruit Jello Cup, Milk	Pancakes <b>4/20</b> Cottage Cheese Sun butter/wow butter Sliced Peaches Orange Juice Syrup Packet Apple, Milk	Ham /Cheese <b>4/21</b> Diced Pears Cup Whole Grain English Muffin Orange Juice Fresh Fruit	Tuna Salad Sandwich on <b>4/22</b> WG Hamburger Bun Garbanzo Bean Salad Fruit Juice Fruit Cup Jello Cup , Milk
<b>4/25</b> Ham & Cheese Sandwich on WG Bread Potato Salad Fruit Juice Fruit Cup Jello Cup, Milk Mayonnaise & Mustard	<b>4/26</b> Chicken Salad Sandwich on WG Hamburger Bun Coleslaw Fruit Juice Seasonal Fresh Fruit, Cookie, Milk	<b>4/27</b> Roast Beef & Mozzarella Cheese on WG Steak Bun Three Bean Salad Fruit Juice Seasonal Fresh Fruit Jello Cup Mayonnaise & Mustard Milk	<b>4/28</b> Pancakes Cottage Cheese Sun butter/wow butter Sliced Peaches Orange Juice Syrup Packet Apple Milk	<b>4/29</b> Greek Pasta Salad w/ Chicken, Feta, cucumbers, & Diced Tomatoes Garbanzo Bean Salad Seasonal Fresh Fruit Jello Cup Milk