



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

January 2022

Monday	Tuesday	Wednesday	Thursday	Friday
3 Ham and Cheese On Rye Bread Coleslaw	4 Submarine Sandwich on Steak Bun Cucumber Salad Banana Muffin	5 Ham/Cheese on Bagel Tropical Fruit	6 Tuna Salad on Hamburger Bun Confetti Cole Slaw	7 Turkey Meatloaf Celery Sticks Banana Muffin
10 Submarine Sandwich on Steak Bun Cucumber Salad Cookie and Fruit Cup	11 Turkey Chef Salad Whole Grain Roll Banana Muffin Fruit Cup	12 Roast Beef & Mozzarella Cheese Steak Bun Three Bean Salad Jell-O Cup & Fruit	13 Chicken Filet/American Cheese Tomato Wedges	14 Turkey & Cheese Whole Grain Roll Potato Salad Banana Muffin Fresh Fruit
17 Martin Luther King Day Special Fried Chicken Lunch Please Call to Reserve your lunch	18 Submarine Sandwich on Steak Bun Cucumber Salad Banana Muffin	19 Turkey & Cheese on Whole Grain Roll Potato Salad Jell-O Cup	20 Chicken Salad On Wheat Roll Fresh Carrots Fresh Fruit	21 Hard Boiled Egg Fruit Yogurt Fresh Fruit Wheat Bread Fruit Cup
24 Submarine Sandwich on Steak Bun Cucumber Salad Cookie and Fruit Cup	25 Tuna Salad on Wheat Roll Confetti Cole Slaw Banana Muffin Fresh Fruit	26 Roast Beef & Mozzarella Cheese Steak Bun Three Bean Salad Jell-O Cup & Fruit	27 Hard Boiled Egg Fruit Yogurt Wheat Bread Fruit Cup	28 Turkey & Cheese Whole Grain Roll Potato Salad Banana Muffin Fresh Fruit
31 Cold Cereal Bowl Hard Boiled Egg Cottage Cheese/Peach Blueberry Muffin Fresh Fruit				

Substitutions May Occur