



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

**May  
2022**

*Norwood Park Senior Center Reshaping Aging®*

Monday	Tuesday	Wednesday	Thursday	Friday
Roast Beef & Cheese <sup>5/2</sup> on Rye Bread Coleslaw Fruit Juice, Milk Fruit Cup, Cookie	Turkey & White <sup>5/3</sup> American Cheese on WG Bread Cucumber Salad Fruit Juice Seasonal Fresh Fruit Jello Cup, Milk	Pancakes <sup>5/4</sup> Cottage Cheese Sun butter/wow butter Sliced Peaches Orange Juice Syrup Packet Apple, Milk	Ham /Cheese <sup>5/5</sup> Diced Pears Cup Whole Grain English Muffin Orange Juice Fresh Fruit Milk	Tuna Salad Sandwich on <sup>5/6</sup> WG Hamburger Bun Garbanzo Bean Salad Fruit Juice Fruit Cup Jello Cup , Milk
Ham & Cheese Sandwich <sup>5/9</sup> on WG Bread Potato Salad Fruit Juice Fruit Cup Jello Cup, Milk Mayonnaise & Mustard	Chicken Salad Sandwich on <sup>5/10</sup> WG Hamburger Bun Coleslaw Fruit Juice Seasonal Fresh Fruit, Cookie, Milk	Roast Beef & Mozzarella <sup>5/11</sup> Cheese on WG Steak Bun Three Bean Salad Fruit Juice Seasonal Fresh Fruit Jello Cup , Milk Mayonnaise & Mustard	Pancakes Cottage Cheese <sup>5/12</sup> Sun butter/wow butter Sliced Peaches Orange Juice Syrup Packet Apple Milk	<b>OLDER AMERICANS DAY</b> <sup>5/13</sup> Ham w/ Cheddar Cheese & Garlic Aioli on Brioche Bun Sliced Tomatoes Tossed Salad w/Ranch Fresh Nectarine
Roast Beef & Cheese <sup>5/16</sup> on Rye Bread Coleslaw Fruit Juice, Milk Fruit Cup, Cookie Mayonnaise & Mustard	Turkey & White <sup>5/17</sup> American Cheese on WG Bread Cucumber Salad Fruit Juice Seasonal Fresh Fruit Jello Cup, Milk	Pancakes <sup>5/18</sup> Cottage Cheese Sun butter/wow butter Sliced Peaches Orange Juice Syrup Packet Apple, Milk	Ham /Cheese <sup>5/19</sup> Diced Pears Whole Grain English Muffin Orange Juice Fresh Fruit	Tuna Salad Sandwich on <sup>5/20</sup> WG Hamburger Bun Garbanzo Bean Salad Fruit Juice Fruit Cup Jello Cup , Milk
Ham & Cheese Sandwich <sup>5/23</sup> on WG Bread Potato Salad Fruit Juice Fruit Cup Jello Cup, Milk Mayonnaise & Mustard	Chicken Salad Sandwich on <sup>5/24</sup> WG Hamburger Bun Coleslaw Fruit Juice Seasonal Fresh Fruit, Cookie, Milk	Roast Beef & Mozzarella <sup>5/25</sup> Cheese on WG Steak Bun Three Bean Salad Fruit Juice Seasonal Fresh Fruit Jello Cup Mayonnaise & Mustard Milk	Pancakes <sup>5/26</sup> Cottage Cheese Sun butter/wow butter Sliced Peaches Orange Juice Syrup Packet Apple Milk	Greek Pasta Salad w/ <sup>5/27</sup> Chicken, Feta, cucumbers, & Diced Tomatoes Garbanzo Bean Salad Seasonal Fresh Fruit
Closed <sup>5/30</sup> for Memorial Day	Turkey & White <sup>5/31</sup> American Cheese on WG Bread Cucumber Salad Fruit Juice Seasonal Fresh Fruit Jello Cup, Milk			