



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

November 2021

Monday	Tuesday	Wednesday	Thursday	Friday
1 Ham and Cheese Rye Bread Coleslaw	2 Submarine Sandwich on Steak Bun Cucumber Salad Banana Muffin	3 Ham and Cheese on Bagle Tropical Fruit Orange Juice	4 Tuna Salad on Hamburger Bun Confetti Cole Slaw Cookie	5 Turkey Meatloaf Celery Sticks Banana Muffin Fresh Fruit
8 Submarine Sandwich on Steak Bun Cucumber Salad Fruit Cup	9 Turkey Chef Salad Whole Grain Roll Banana Muffin Fresh Fruit	10 Roast Beef and Mozzarella Cheese Celery Sticks Jello-Cup Fresh Fruit	11 Chicken Filet and American Cheese Tomato Wedges Cookie Fruit Cup	12 Turkey and Cheese on Whole Grain Roll Potato Salad Fruit Banana Muffin
15 Ham and Cheese Rye Bread Coleslaw	16 Submarine Sandwich on Steak Bun Cucumber Salad Banana Muffin	17 Ham and Cheese on Bagle Tropical Fruit Orange Juice	18 Tuna Salad on Hamburger Bun Confetti Cole Slaw Cookie	19 Turkey Meatloaf Celery Sticks Banana Muffin Fresh Fruit
22 Submarine Sandwich on Steak Bun Cucumber Salad Fruit Cup	23 Turkey Chef Salad Whole Grain Roll Banana Muffin Fresh Fruit	24 Roast Beef and Mozzarella Cheese Celery Sticks Jello-Cup Fresh Fruit	25 **CLOSED** Happy Thanksgiving	26 Turkey and Cheese on Whole Grain Roll Potato Salad Fruit Banana Muffin
29 Ham and Cheese Rye Bread Coleslaw	30 Submarine Sandwich on Steak Bun Cucumber Salad Banana Muffin			

Substitutions May Occur

Norwood Park Senior Center is now on Facebook

OPERATED BY NORWOOD SENIORS NETWORK

Reshaping Aging