



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

October 2021

Monday	Tuesday	Wednesday	Thursday	Friday
				¹ Turkey and Cheese on Whole Grain Roll Potato Salad Fruit Banana Muffin
⁴ Ham and Cheese Rye Bread Confetti Coleslaw Cookie	⁵ Submarine Sandwich on Steak Bun Cucumber Salad Banana Muffin	⁶ Ham and Cheese on Bagle Tropical Fruit Orange Juice	⁷ Tuna Salad on Hamburger Bun Confetti Cole Slaw Cookie	⁸ Turkey Meatloaf Celery Sticks Banana Muffin Fresh Fruit
¹¹ Submarine Sandwich on Steak Bun Cucumber Salad Fruit Cup	¹² Turkey Chef Salad Whole Grain Roll Banana Muffin Fresh Fruit	¹³ Roast Beef and Mozzarella Cheese Celery Sticks Jello-Cup Fresh Fruit	¹⁴ Chicken Filet and American Cheese Tomato Wedges Cookie Fruit Cup	¹⁵ Turkey and Cheese on Whole Grain Roll Potato Salad Fruit Banana Muffin
¹⁸ Ham and Cheese Rye Bread Confetti Coleslaw Cookie	¹⁹ Submarine Sandwich on Steak Bun Cucumber Salad Banana Muffin	²⁰ Ham and Cheese on Bagle Tropical Fruit Orange Juice	²¹ Tuna Salad on Hamburger Bun Confetti Cole Slaw Cookie	²² Turkey Meatloaf Celery Sticks Banana Muffin Fresh Fruit
²⁵ Submarine Sandwich on Steak Bun Cucumber Salad Fruit Cup	²⁶ Turkey Chef Salad Whole Grain Roll Banana Muffin Fresh Fruit	²⁷ Roast Beef and Mozzarella Cheese Celery Sticks Jello-Cup Fresh Fruit	²⁸ Chicken Filet and American Cheese Tomato Wedges Cookie Fruit Cup	²⁹ Turkey and Cheese on Whole Grain Roll Potato Salad Fruit Banana Muffin

Substitutions May Occur

Norwood Park Senior Center is now on Facebook