

City of Chicago \* Dept. of Family & Support Services \* Senior Services Area Agency on Aging  
 Winter 2017 - Open Kitchens - Pre-Packed Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1/2, 1/30, 2/27, 3/27	1/3, 1/31, 2/28, 3/28	1/4, 2/1, 3/1, 3/29	1/5, 2/2, 3/2, 3/30	1/6, 2/3, 3/3, 3/31
<b>Beef Pepper Steak</b> w/ Green Pepper & Onion Over Egg Noodles Turnip Greens Hot Spiced Peaches Whole Wheat Bread Fresh Cantaloupe 100% Fruit Juice 2% Milk K-680, C-6, S-380, F-9	<b>BBQ Pork Ribette</b> Candied Yams Black Beans w/ Peppers Whole Wheat Bread (2) Fresh Apple 4 oz. Fruit Yogurt Cup 2% Milk K-1000, C-5, S-1400, F-16	<b>Baked Fish Fillet in</b> Lemon Cream Sauce Over White Rice Brussels Sprouts Parsleyed Carrots Whole Wheat Bread Tossed Garden Salad/ Dressing Fresh Pear 2% Milk K-680, C-6, S-925, F-18	<b>Hearty Beef &amp; Bean Chili</b> Green Peas Cauliflower au Gratin Corn Muffin (2) Tomato Slices/ Dressing 4 oz. Fruit Yogurt Cup 2% Milk K-1000, C-8, S-900, F-20	<b>Cheese Ravioli/</b> Marinara Sauce Seasoned Spinach Diced Beets Whole Wheat Bread Fresh Grapes Bran Muffin 2% Milk K-1100, C-12, S-840, F-41
1/9, 2/6, 3/6	1/10, 2/7, 3/7	1/11, 2/8, 3/8	1/12, 2/9, 3/9	1/13, 2/10, 3/10
<b>Beef Stuffed Pepper/</b> Tomato Sauce/ Brown Rice Butternut Squash Whole Wheat Bread Fat Free Cole Slaw Fresh Orange 2% Milk K-675, C-7, S-900, F-21	<b>Roast Turkey/ Stuffing</b> Sweet Potatoes Peas w/ Pearl Onions Whole Wheat Bread Fresh Cantaloupe 4 oz. Fruit Yogurt Cup 2% Milk K-880, C-6, S-750, F-12	<b>Cheeseburger/</b> Mixed Greens Apple Crisp Whole Grain Hamburger Bun Ketchup & Mustard Potato Salad Fresh Tangerine 2% Milk K-635, C-6, S-420, F-17	<b>Chicken Cacciatore/</b> Whole Potatoes Black-Eyed Peas Broccoli Cuts Whole Wheat Bread 4 oz. Fruit Yogurt Cup Angel Food Cake 2% Milk K-790, C-7, S-1050, F-18	<b>Tuna/ Cheddar/</b> Macaroni Bake Green Beans Italian Blend Vegetables Whole Wheat Bread Cucumbers/ Dressing Mandarin Oranges 2% Milk K-585, C-6, S-500, F-14
1/16, 2/13, 3/13	1/17, 2/14, 3/14	1/18, 2/15, 3/15	1/19, 2/16, 3/16	1/20, 2/17, 3/17
<b>Roast Pork/</b> Mashed Potatoes/ Gravy Seasoned Spinach Whole Wheat Bread (2) Fresh Honeydew Melon 100% Fruit Juice 2% Milk K-760, C-8, S-850, F-7	<b>Oven Roasted Chicken ¼</b> Vegetarian Baked Beans Cauliflower Dinner Roll Tossed Salad/ Dressing 4 oz. Fruit Yogurt Cup 2% Milk K-1100, C-8, S-850, F-10	<b>Corned Beef &amp; Cabbage</b> Parsleyed New Potatoes Asparagus Cuts Rye Bread Baby Carrots Angel Food Cake 2% Milk K-680, C-7, S-710, F-10	<b>Creamy Chicken &amp; Potato</b> Stew over Wild Rice Brussels Sprouts Seasoned Lentils Whole Wheat Bread Fresh Grapes Zucchini Muffin 2% Milk K-655, C-8, S-540, F-22	<b>Spaghetti &amp; Meatballs</b> Marinara Broccoli Cuts Diced Carrots Italian Bread Sliced Tomatoes/ Dressing Fresh Honeydew 2% Milk K-680, C-7, S-1050, F-15
1/23, 2/20, 3/20	1/24, 2/21, 3/21	1/25, 2/22, 3/22	1/26, 2/23, 3/23	1/27, 2/24, 3/24
<b>Chicken Parmesan over</b> Pasta Marinara Butternut Squash Diced Zucchini Whole Wheat Bread Fat Free Cole Slaw 100% Fruit Juice 2% Milk K-725, C-8, S-760, F-10	<b>Salisbury Steak/ Gravy</b> Mashed Potatoes Parsleyed Carrots Whole Wheat Bread Corn & Bean Salad 4 oz. Fruit Yogurt Cup 2% Milk K-785, C-10, S-750, F-10	<b>Turkey Breast/ Stuffing</b> Sweet Potatoes Mixed Vegetables Whole Wheat Bread Spiced Apple Rings Fresh Orange 2% Milk K-635, C-7, S-520, F-19	<b>Beef Stroganoff</b> Over Egg Noodles Collard Greens Cauliflower Whole Wheat Bread Cucumber Salad 4 oz. Fruit Yogurt Cup 2% Milk K-725, C-8, S-950, F-13	<b>Chip Crusted Cod Wedges</b> Black-Eyed Peas Broccoli Cuts Dinner Roll Celery Sticks/ Dressing Fresh Tangerine 2% Milk K-815, C-8, S-690, F-15

**\*\*On Thursday, February 9, 2017 a Valentine's Day meal will be served consisting of Chicken Kiev / Broccoli & Cheese, Herb Potatoes, Green Peas, Tossed Salad / Dressing, Wheat Roll, Cherry Pie**