

**City of Chicago Department of Family and Support Services, Senior Services Area Agency on Aging—Golden Dinners Pre-Packaged Menu for
Summer 2019
Open Kitchens Inc.**

Monday	Tuesday	Wednesday	Thursday	Friday
07/01, 07/29, 08/26, 09/23	07/02, 07/30, 08/27, 09/24	07/03, 07/31, 08/28, 09/25	07/04, 08/01, 08/29, 09/26	07/05, 08/02, 08/30, 09/27
Beef Patty/Cheese slice/ Tater Tots Diced Carrots Broccoli Cuts Whole Grain Hamburger Bun Ketchup/Mustard Sliced Cucumbers/ dressing Fresh Clementine (2) 2% Milk K=00, F=32, C=8, S=530	Cheese Omelet w/ Broccoli (3 oz. Cheese) Tater Tots Seasoned Spinach WG Wheat Bread (2) Tomato Wedges Fresh Orange 2% Milk K=560, F=15, C=6, S=810	BBQ Pork Rib Patty Potato Wedges Mixed Greens WG Wheat Bread (2) Black Bean Salad Fresh Strawberries 2% Milk K=740, F=16, C=5, S=1200	Roast Chicken ¼ w/ BBQ Sauce Black-Eyed Peas Broccoli Cuts WG Dinner Roll (2) Low-fat Carrot Salad Fresh Orange 2% Milk K=680, F=24, C=6, S=440	Pot Roast/ Gravy Sweet Potatoes Diced Beets WG Wheat Bread (2) 3-Bean Salad Fresh Melon 2% Milk K=650, F=18, C=6, S=1200
07/08, 08/05, 09/02	07/09, 08/06, 09/03	07/10, 08/07, 09/04	07/11, 08/08, 09/05	07/12, 08/09, 09/06
Meatballs/ Spaghetti/Marinara Asparagus Cuts Sweet Potatoes WG Wheat Bread (1) Fresh Pear WG Apple Cinnamon Loaf 2% Milk K=770, F=17, C=10, S=620	Seasoned Airline Chicken Breast/Wild Rice Yellow Corn Black Beans WG Wheat Bread (1) Veggie Juice Fresh Apple 2% Milk K=750, F=18, C=7, S=920	Spinach Ravioli/ Marinara Great Northern Beans Brussels Sprouts WG Wheat Bread (1) Garden Salad/ Drsg. Pkt. Fresh Apple 2% Milk K=960, F=32, C=12, S=820	Swiss Steak Mashed Potatoes Green Beans WG Wheat Bread (1) Cucumber Slices/ Drsg. Pkt. Fresh Honeydew 2% Milk Frosted birthday cupcakes K=730, F=24, C=7, S=1020	Tuna/ Noodle/ Cheddar Casserole Casserole Green Peas Broccoli Cuts WG Wheat Bread (1) Celery Sticks/ Cream Cheese Fresh Cantaloupe 2% Milk K=650, F=9, C=6, S=560
07/15, 08/12, 09/09	07/16, 08/13, 09/10	07/17, 08/14, 09/11	07/18, 08/15, 09/12	07/19, 08/16, 09/13
Chicken Chop Suey (Carrots/ Onions/ Celery/ Broc.) White Rice Brussels Sprouts WG Wheat Bread (1) Cucumber Slices/ Drsg. Fresh Pear 2% Milk K=720, F=14, C=7, S=920	BBQ Pulled Pork Sweet Potatoes Red Cabbage WG Wheat Bread (2) Sliced Tomatoes/ Drsg. Pkt. Fresh Nectarine 2% Milk K=820, F=28, C=6, S=1000	Macaroni/Cheese/ Broccoli Bake (3 oz. Cheese) Stewed Tomatoes Steamed Lentils WG Wheat Bread (1) Fresh Cantaloupe 100% Fruit Juice 2% Milk K=840, F=28, C=6, S=980	Chicken Parmesan Over White Rice Garden Vegetables Mixed Greens Whole Wheat Bread/ marg. Tossed Garden Salad/ drsg. Fresh Pear 2% Milk K=680, C=6, S=925, F=18	Pepper Steak/ White Rice (Beef steak w/Peppers/ Onions) Seasoned Pinto Beans Broccoli Cuts WG Wheat Bread (1) Cucumber Slices/ Drsg. Pkt. Fresh Honeydew 2% Milk K=720, F=17, C=6, S=980
07/22, 08/19, 09/16	07/23, 08/20, 09/17	07/24, 08/21, 09/18	07/25, 08/22, 09/19	07/26, 08/23, 09/20
BBQ Grill Chicken Filet O'Brien Potatoes Baked Beans WG Hamburger Bun Celery Sticks Fresh Strawberries 2% Milk K=840, F=20, C=6, S=920	Beef Stuffed Pepper/ Tomato Sauce Brown Rice Diced Beets Corn WG Wheat Bread (1) Baby Carrots Fresh Nectarine 2% Milk K=710, F=13, C=9, S=800	Panko Breaded Cod Whipped Potatoes Peas w/ Pearl Onions WG Wheat Bread (2) Garbanzo Bean Salad Fresh Orange 2% Milk K=670, F=14, C=7, S=890	Stuffed Shells / Marinara Mixed Greens Seasoned Lentils Garden Salad/ Drsg. Pkt. Fresh Nectarine WG Banana Loaf 2% Milk K=990, F=32, C=12, S=820	Beef Chili/Macaroni/ Cheddar Bake Broccoli Cuts Diced Carrots WG Wheat Bread (1) WG Cornbread Loaf (2oz) Fresh Peach 2% Milk K=640, F=22, C=6, S=995
	K = calories	F = fat (grams)	C = carb (choices)	S = sodium (mg)

On Wednesday, July 3, 2019 for Independence Day, a special meal will be served consisting of Oven Fried Bone-in Chicken Breast, Au Gratin Potatoes, Green Beans, Coleslaw, Wheat Roll, Double Layer Chocolate Cake/White Frosting