

City of Chicago Department of Family and Support Services, Senior Services Area Agency on Aging—Golden Dinners Pre-Packaged Lunch Menu for Summer 2018
Open Kitchens Inc.

Monday	Tuesday	Wednesday	Thursday	Friday
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	07/06, 08/03, 08/31, 09/28
Stuffed Shells / Marinara Mixed Greens Seasoned Lentils Garden Salad/ Drsg. Pkt. Fresh Nectarine Carrot Cake 2% Milk	Panko Breaded Cod Whipped Potatoes Peas w/ Pearl Onions Wheat Bread (2) Garbanzo Bean Salad Fresh Orange 2% Milk	BBQ Pork Ribette Potato Wedges Mixed Greens Wheat Bread (2) Black Bean Salad Fresh Strawberries 2% Milk	Chicken Chop Suey (Carrots/ Onions/ Celery/ Broc.) White Rice Brussels Sprouts Wheat Bread (1) Cucumber Slices/ Drsg. Fresh Pear 2% Milk	Pot Roast/ Gravy Sweet Potatoes Diced Beets Wheat Bread (2) 3-Bean Salad Fresh Melon 2% Milk
K=990, F=32, C=12, S=820	K=670, F=14, C=7, S=890	K=740, F=16, C=5, S=1200	K=720, F=14, C=7, S=920	K=650, F=18, C=6, S=1200
07/09, 08/06, 09/03	07/10, 08/07, 09/04	07/11, 08/08, 09/05	07/12, 08/09, 09/06	07/13, 08/10, 09/07
Beef Chili/Macaroni/ Cheddar Bake Broccoli Cuts Diced Carrots Wheat Bread (1) Corn Muffin (2oz) Fresh Peach 2% Milk	Seasoned Airline Chicken Breast/Wild Rice Yellow Corn Black Beans Wheat Bread (1) Veggie Juice Fresh Apple 2% Milk	Meatballs/ Spaghetti/Marinara Asparagus Cuts Sweet Potatoes Wheat Bread (1) Fresh Pear Carrot Cake 2% Milk	Roast Turkey/ Stuffing Sweet Potatoes Baked Beans Wheat Bread (1) Cucumber Slices/ Drsg. Pkt. Fresh Honeydew 2% Milk	Cheese Omelet w/ Broccoli (3 oz. Cheese) Tater Tots Seasoned Spinach Wheat Bread (2) Tomato Wedges Fresh Orange 2% Milk
K=640, F=22, C=6, S=995	K=750, F=18, C=7, S=920	K=770, F=17, C=10, S=620	K=710, F=15, C=6, S=1000	K=560, F=15, C=6, S=810
07/16, 08/13, 09/10	07/17, 08/14, 09/11	07/18, 08/15, 09/12	07/19, 08/16, 09/13	07/20, 08/17, 09/14
Macaroni/Cheese/ Broccoli Bake (3 oz. Cheese) Stewed Tomatoes Steamed Lentils Wheat Bread (1) Fresh Cantaloupe 100% Fruit Juice 2% Milk	Stuffed Sole Roll/White Rice Broccoli Cuts Diced Carrots Wheat Bread(1) Cucumber Slices/ Drsg. Pkt. Fresh Peach 2% Milk	Roast Pork/ Gravy Sweet Potatoes Red Cabbage Wheat Bread (2) Sliced Tomatoes/ Drsg. Pkt. Fresh Nectarine 2% Milk	BBQ Grill Chicken Filet O'Brien Potatoes Baked Beans Hamburger Bun Celery Sticks Fresh Strawberries 2% Milk	Pepper Steak/ White Rice (Beef steak w/Peppers/ Onions) Seasoned Pinto Beans Broccoli Cuts Wheat Bread (1) Cucumber Slices/ Drsg. Pkt. Fresh Honeydew 2% Milk
K=840, F=28, C=6, S=980	K=640, F=9, C=6, S=550	K=820, F=28, C=6, S=1000	K=840, F=20, C=6, S=920	K=720, F=17, C=6, S=980
07/23, 08/20, 09/17	07/24, 08/21, 09/18	07/25, 08/22, 09/19	07/26, 08/23, 09/20	07/27, 08/24, 09/21
Tuna/ Noodle/ Cheddar Casserole Green Peas Broccoli Cuts Wheat Bread (1) Celery Sticks/ Cream Cheese Fresh Melon 2% Milk	Stuffed Pepper/ Tomato Sauce Brown Rice Diced Beets Yellow Corn Wheat Bread (1) Baby Carrots Fresh Nectarine 2% Milk	Roast Chicken ¼ w/ BBQ Sauce Black-Eyed Peas Broccoli Cuts Dinner Roll (2) Low-fat Carrot Salad Fresh Orange 2% Milk	Spinach Ravioli/ Marinara Great Northern Beans Brussels Sprouts Wheat Bread (1) Garden Salad/ Drsg. Pkt. Fresh Apple 2% Milk	Cherry Chicken Blossom Mashed Potatoes Green Beans Wheat Bread (2) Fresh Peach 100% Fruit Juice 2% Milk
K=650, F=9, C=6, S=560	K=710, F=13, C=9, S=800	K=680, F=24, C=6, S=440	K=960, F=32, C=12, S=820	K=740, F=22, C=6, S=420
	K = calories	F = fat (grams)	C = carb (choices)	S = sodium (mg)

*Bread served each day is Whole Grain