

City of Chicago \* Dept. of Family & Support Services \* Senior Services Area Agency on Aging  
 Winter 2020 - Open Kitchens - Pre-Packed Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
12/30, 1/27, 2/24, 3/23	12/31, 1/28, 2/25, 3/24	1/1, 1/29, 2/26, 3/25	1/2, 1/30, 2/27, 3/26	1/3, 1/31, 2/28, 3/27
Chicken Cacciatore/ Whole Potatoes Black-Eyed Peas Broccoli Cuts Whole Wheat Bread/Marg 100% Apple Juice WG Banana Loaf 2% Milk <b>K- 790 C- 7 S- 1050 F - 18</b>	Hearty Beef & Bean Chili Green Peas Cauliflower Au Gratin Corn Muffin / marg. Tomato Slices/ drsg. Fruit Yogurt Cup 2% Milk <b>K=1000 C-8 S-900 F-20</b>	Salisbury Steak/ Gravy Mashed Potatoes Parsleyed Carrots Whole Wheat Bread/ marg. Corn & Bean Salad Fresh Pear 2% Milk <b>K - 785 C- 10 S- 750 F-10</b>	BBQ Pulled Pork Sweet Potatoes Broccoli Cuts Whole Grain Bread Fresh Apple 1% Milk <b>K=740 C=6 S=900 F=21</b>	Cheese Manicotti/ Marinara Green Beans Mixed Greens Italian Bread (1) Spiced Apple Rings Fruit Yogurt Cup 2% Milk <b>K=780, F=14, C=9, S=600</b>
1/6, 2/3, 3/2	1/7, 2/4, 3/3	1/8, 2/5, 3/4	1/9, 2/6, 3/5	1/10, 2/7, 3/6
Beef Pot Roast/ Brown Gravy Mashed Potatoes Parsley Carrots Blueberry Crisp Whole Wheat Bread/ marg. Corn & Bean Salad Fruit Yogurt Cup 2% Milk <b>K - 785 C- 10 S- 750 F-10</b>	Roast Turkey/ Corn Bread Dressing Sweet Potatoes Peas w/ Pearl Onions Whole Wheat Bread/ marg. Fresh Cantaloupe Fruit Yogurt Cup 2% Milk <b>K-880 C-6 S- 750 F- 12</b>	Beef Stuffed Pepper/ Tomato Sauce/ Brown Rice Butternut Squash Whole Wheat Bread/ marg. Fat Free Cole Slaw Fresh Orange 2% Milk <b>K- 675, C-7, S-900, F-21</b>	Chicken in Chipotle Sauce/White Rice Black Beans Corn Whole Grain Bread (2) Tossed Salad/Dressing Fresh Orange 2% Milk Frosted Cupcake <b>K=730 C=7 S=860 F=17</b>	Tuna/ Noodle/ Cheddar Casserole Green Peas Broccoli Cuts Whole Wheat Bread/Marg. Celery Sticks/ Cream Cheese Fresh Honeydew 2% Milk <b>K=650 C=6 S=560 F=9</b>
1/13, 2/10, 3/9	1/14, 2/11, 3/10	1/15, 2/12, 3/11	1/16, 2/13, 3/12	1/17, 2/14, 3/13
Meatloaf Mashed Potatoes/ Gravy Collard Greens Apple Crisp Whole Grain Dinner Roll Ketchup & Mustard Potato Salad Fresh Tangerine 2% Milk <b>K-635 C- 6 S- 420 F- 17</b>	Roasted Pork w/ Mac & Cheese Candied Yams Black Beans w/ Peppers Whole Wheat Bread (2)/ marg. Fresh Apple Fruit Yogurt Cup 2% Milk <b>K-1000 C-5 S-1400 F- 16</b>	Grilled Chicken Fillet over Wild Rice Broccoli Cuts Parsleyed Carrots Green Pea & Cheese Salad Whole Grain Bread/ marg. Fresh Plum 2 % Milk <b>K= 790 F=14 C=8 S=1600</b>	Beef Pepper Steak w/ Green Pepper & Onion Over Egg Noodles Turnip Greens Hot Spiced Peaches Whole Wheat Bread/ marg. Fresh Cantaloupe 100% Fruit Juice 2% Milk <b>K-680 C-6 S-380 F- 9</b>	Cheese Ravioli/ Marinara Sauce Seasoned Spinach Diced Beets Whole Wheat Bread/ marg. Fresh Grapes 2% Milk <b>K-950, C- 12, S- 820, F-35</b>
1/20, 2/17, 3/16	1/21, 2/18, 3/17	1/22, 2/19, 3/18	1/23, 2/20, 3/19	1/24, 2/21, 3/20
Breaded Pork Cutlet Wild Rice/Steamed Lentils in Tomato Sauce Parsleyed Carrots Whole Grain Bread Fresh Apple 2% Milk <b>K=480 C=4 S=500 F=12</b>	Chicken Fajitas Over Spanish Rice Black Beans Corn WG Tortilla Tossed Garden Salad/ Dressing Fresh Pear 2% Milk <b>K-680 C-6 S-925 F-18</b>	Chicken Tenders over Wild Rice Seasoned Pinto Beans Spinach w/ Tomatoes WG Apple Cinnamon Muffin Fresh Grapes 100% Fruit Juice 2% Milk <b>K=740 C=7 S=850 F=11</b>	Picadillo over Spanish Rice Pinto Beans Corn WG Tortilla Fresh Apple 2% Milk <b>K=710 C=7 S=970 F=17</b>	Panko Breaded Cod /White Rice Green Beans Red Cabbage Whole Wheat Bread Fresh Pear 1% Milk (8oz) <b>K=670 C=6 S=940 F=15</b>

**K=calories; C=carbohydrates; S=sodium; F=fat**

\*On Friday February 14, 2020 the Valentine's Day meal will consist of Chicken Kiev, twice baked potatoes, green peas, tossed salad, focaccia bread and Red Velvet Cupcake

\*On Tuesday March 17, 2020 the St. Patrick's Day meal will consist of Corned Beef, roasted potatoes/carrots, cabbage, rye roll, lime gelatin/fruit, St. Patrick's Day Cookie