

# June 2024 Bremen Township Senior Lunch 15350 Oak Park Ave., Oak Forest, Bldg C ~ 708-687-8220

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>3</b> Chair Yoga <b>Core</b> 11am Bldg A</p> <p><b>Baked Meatloaf w/Gravy!</b> <b>Mashed Potatoes</b> Stewed Tomatoes Wheat Bread, Orange</p>	<p><b>4</b> Mahjong 9:30am Cafe <i>Brunch for Lunch!</i></p> <p><b>Eggs w/Biscuit &amp; Gravy</b> <b>Diced Potatoes</b> Fruit, Juice &amp; more</p>	<p><b>5</b> Chair Yoga, 11am bldg.A</p> <p><b>Slow Roasted Beef</b> <b>Au Gratin Potatoes</b> Carrots, dinner roll, Fruit Cup</p>	<p><b>6</b> <i>Bingo 9:30am-Bldg A</i></p> <p><b>Lunch is served at NOON</b> <b>Café Opens 11:15am</b></p>	<p><b>7</b></p> <p><b>Funded in Partnership w/ AgeOptions</b></p> <p><b>For Guests age 60+</b></p>
<p><b>10</b> Chair Yoga <b>Core</b> 11am Bldg A</p> <p><b>Roast Pork</b> <b>Baked Potato</b> Rye bread, Cauliflower Mixed Fruit</p>	<p><b>11</b> Mahjong 9:30am Cafe</p> <p><b>Italian Sausage w/Bun</b> &amp; Marinara Sauce <b>Scalloped Potatoes</b> Brussels Sprouts Fruit</p>	<p><b>12</b> Chair Yoga, 11am bldg.A</p> <p><b>BBQ Chicken with bun</b> <b>Cheesy Mashed Potato</b> Broccoli &amp; chilled pears</p>	<p><b>13</b> <i>Bingo 9:30am-Bldg A</i></p> <p>Dilled <b>Tuna Salad</b> on Wheat Kaiser Roll! Fresh Fruit &amp; Sides</p>	<p><b>14</b></p> <p>Call for a Reservation 1 Week in advance please: 708-687-8220</p>
<p><b>17</b> Chair Yoga <b>Core</b> 11am Bldg A</p> <p><b>Polish Kielbasa</b> Rye Bread Dilled Potatoes, Baked Beans <b>*Root Beer Floats! *</b></p>	<p><b>18</b> Mahjong 9:30am Cafe</p> <p><b>Rotini Chicken Pasta</b> <b>Salad</b> w/Garden Veg.* Mixed Greens, Herbed Tomatoes Multi-Grain Bread and more! *and Creamy Ital.Dressing</p>	<p><b>19</b></p> <p style="text-align: center;"><b>No Lunch Today</b></p> <p style="text-align: center;"><b>In Observance of Juneteenth Holiday</b></p>	<p><b>20</b> <i>Bingo 9:30am-Bldg A</i></p> <p><b>Baked Meatloaf w.Gravy</b> Mashed Potatoes Carrots &amp; chives Chilled fruit &amp; more</p>	<p><b>21</b></p> <p>1% Milk (or Juice) served with each meal &amp; Hot Coffee or Tea!</p>
<p><b>24</b> Chair Yoga <b>Core</b> 11am Bldg A</p> <p><b>Meatball Marinara Sub</b> on French Wheat Roll Potatoes, beans, Fresh Orange</p>	<p><b>25</b> Mahjong 9:30am Cafe</p> <p><b>Salisbury Steak</b> Mashed Potatoes &amp; gravy Carrots, multi-grain bread</p>	<p><b>26</b> Chair Yoga, 11am bldg.A</p> <p><b>Roast Turkey &amp; Cheddar</b> <b>Sub</b> on wheat <b>Kaiser Roll</b> Lettuce &amp; Tomato Pea Salad, Fruit cup</p>	<p><b>27</b> <i>Bingo 9:30am-Bldg A</i></p> <p style="text-align: center;">No Lunch Today See you next week!</p>	<p><b>28</b></p> <p><b>Save money and buy a 10- Lunch Punch Card*</b> \$35 for 10 <b>= \$3.50 per Lunch!</b></p>

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