

March 2025 Bremen Township Senior Lunch 15350 Oak Park Ave., Oak Forest, Bldg C ~ 708-687-8220

Monday	Tuesday	Wednesday	Thursday	Friday
3 Chair Yoga Core 11am Bldg A Slow Roasted Beef Gravy, Mashed Potatoes Brussels Sprouts, Bread Chilled Pears, Cookie!	4 Turkey Pot Roast /Gravy Baked Potato Vegetable, bread & fruit	5 <i>ASH WEDNESDAY</i> Chair Yoga 11am Cheese Ravioli w/roasted Butternut Squash Cream Sauce! & much more	6 <u>Building A:</u> <ul style="list-style-type: none"> • Bingo 9:30am • Aetna Bingocise 10:30am • Be Strong 11:30am 	7 Funding provided in whole or part by AgeOptions
10 Chair Yoga Core 11am Bldg A Baked Meatloaf / Gravy Cauliflwr Mashed Potatoes Wheat Roll Chilled fruit & more	11 Be Strong 11:30am "A" BBQ Pork Oven Fries, Sandwich Bun Carrot Raisin Salad Warm Apple Crumble	12 Chair Yoga 11am, Bldg A Glazed Chicken Thigh Scalloped potatoes Baked Beans, Bread Fruit Jello! (diabetic available) Request by Mar.4 please	13 <u>Building A:</u> <ul style="list-style-type: none"> • Bingo 9:30am • Aetna Bingocise 10:30am • Be Strong 11:30am 	14 For Guests Age 60+ <i>Visit our Website:</i> www.bremementownship.net
17 St. Pat's Holiday Menu Yoga, 11am, A Irish Stew w/Peas, Carrots, Whole Irish Potatoes Dinner Roll & green Leprechaun Pudding	18 Be Strong 11am "A" Cheddar Broccoli/Rice/ Chicken Casserole Warm pear compote Pea Salad, roll	19 Chair Yoga 11am, Bldg A Salisbury Steak/Gravy Mashed Potatoes Corn, wheat roll, more!	20 <u>Building A:</u> <ul style="list-style-type: none"> • Bingo 9:30am • Aetna Bingocise 10:30am • Be Strong 11am 	21 Save money and buy a 10- Lunch Punch Card* \$35 donation for 10 = \$3.50 per Lunch!
24 Chair Yoga Core 11am Bldg A Roast Turkey & Gravy Bread Stuffing Baked Sweet Potatoes	25 Be Strong 11am "A" Spaghetti & Meatballs Mixed Salad greens Multi-grain bread & more Warm Peach Compote	26 Chair Yoga 11am, Bldg A Hamburger, Bun, Chips! Warm German Potato Salad Green Beans	27 <u>Building A:</u> <ul style="list-style-type: none"> • Bingo 9:30am • Aetna Bingocise 10:30am • Be Strong 11am 	28 When possible, Call for a reservation 1 week or more in advance (708) 687-8220
31 Chair Yoga Core 11am Bldg A Meatball Marinara Sub Sandwich French Roll , whole Orange Potatoes Italiano	Same day spots often available! Call: (708) 687-8220 \$4.00 donation requested, but not required	Follow our monthly menus at: www.bremementownship.net	Lunch is served at NOON Café Opens 11:15am	

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