

**May 2024 Bremen Township Senior Café** 15350 Oak Park Ave., Bldg C, Oak Forest ~ **708-687-8220**

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Funded in Partnership w/ AgeOptions</b> For guests age 60+</p>	<p>Call for a <b>Reservation:</b> 708-687-8220</p> <p>1 week in advance please</p>	<p><b>1</b> Chair Yoga, 11am Bldg A</p> <p><b>BBQ Pulled Chicken w/bun</b> <b>Cheesy Mashed Potato</b> Broccoli &amp; chilled pears</p>	<p><b>2</b> <i>Bingo 9:30am-Bldg A</i></p> <p>Dilled <b>Tuna Salad</b> Sandwich on Wheat Kaiser Roll! Fresh Fruit &amp; Sides</p>	<p><b>3</b></p> <p><b>LUNCH SERVED AT 12 NOON</b> \$4.00 donation requested but not required</p>
<p><b>6</b> Chair Yoga Core 11am Bldg A</p> <p><b>Polish Kielbasa</b> Rye Bread Dilled Potatoes, Beans</p>	<p><b>7</b> Mahjong 9:30am Cafe</p> <p><b>Rotini Chicken Pasta Salad</b> w/Garden Veg.* Mixed Greens, Herbed Tomatoes Multi-Grain Bread and more! *and Creamy Ital.Dressing</p>	<p><b>8</b> Chair Yoga, 11am Bldg A</p> <p><b>Eggs Lorraine*</b> <i>Omelet Style</i> Brunch Potatoes O'Brien Fresh Orange, BlueberryMuffin * w/Bacon, chives, &amp; cheese</p>	<p><b>9</b> <i>Bingo 9:30am-Bldg A</i></p> <p><b>Baked Meatloaf</b> Mashed Potatoes Carrots &amp; chives Chilled fruit &amp; more</p>	<p><b>10</b></p> <p><b>Friendly people Dine here...</b></p> <p><i>Please join us!</i></p>
<p><b>13</b> Chair Yoga Core 11am Bldg A</p> <p><b>Meatball Marinara Sub</b> on French Wheat Roll Potatoes, beans, fresh orange</p>	<p><b>14</b> Mahjong 9:30am Cafe</p> <p><b>Salisbury Steak</b> Mashed Potatoes &amp; gravy Carrots, multi-grain bread Cookie</p>	<p><b>15</b> Chair Yoga, 11am Bldg A</p> <p><b>Roast Turkey &amp; Cheddar Sub</b> on wheat <b>Kaiser Roll</b> Lettuce &amp; Tomato Pea Salad, Fruit cup</p>	<p><b>16</b> <i>Bingo 9:30am-Bldg A</i></p> <p><b>Lemon Basil Chicken</b> Dinner Roll, multi-grain Apple Sauce, Vegetables And more!</p>	<p><b>17</b></p> <p>Same day spots may be available for lunch, call 708-687-8220 and ask!</p>
<p><b>20</b> Chair Yoga Core 11am Bldg A</p> <p><b>Corned Beef Sandwich!!</b> <b>Marble Rye</b> Lettuce+Tomato Chickpea Salad, Fruit <i>Fresh Sandwich Menu</i></p>	<p><b>21</b> Mahjong 9:30am Cafe <b>11am Plant &amp; Go!</b></p> <p><b>Chicken Caesar Salad</b> Mixed Greens+Tomato Bean Salad, Peaches &amp; Chips! <i>Call for Reservation</i></p>	<p><b>22</b> <b>CC Sheriff Safety Info</b> @ Café after Lunch:</p> <p><b>Lasagna w/Meat Sauce</b> Squash Medley Veg, Fruit, Wheat Bread <b>*Ice Cream Sundaes!*****</b></p>	<p><b>23</b> <i>Bingo 9:30am-Bldg A</i></p> <p><i>Come out &amp; Socialize with us</i></p>	<p><b>24</b></p> <p>1% Milk (or Juice) Served with each meal &amp; Hot Coffee or Tea!</p>
<p><b>27</b></p> <p><b>Memorial Day</b></p> <p><i>No Lunch Today</i> <i>Twp. Offices Closed Today</i></p>	<p><b>28</b> Mahjong 9:30 am Café</p> <p><b>Holiday Hamburger!</b> <b>Baked beans</b> <b>Sunburst jello, Fruit</b></p>	<p><b>29</b> Chair Yoga, 11am BldgA <b>Yum!</b></p> <p><b>BLT Chicken Salad</b> on mixed salad greens/tomatoes Corn bread, Bean side Mandarin Oranges</p>	<p><b>30</b> <i>Bingo 9:30am-Bldg A</i></p> <p><b>Spaghetti &amp; Meatballs</b> Wheat Vienna Bread Veg &amp; Chilled Pears</p>	<p><b>31</b></p> <p><b>Save money and buy a 10-Lunch Punch Card \$35 for 10 = \$3.50 per Lunch!</b></p>

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