

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>2</b> No Lunch Today</p> <p><b>Happy Labor Day</b></p>	<p><b>3</b> <b>Italian Sausage Sandwich</b> w/Marinara Sauce Scalloped Potatoes Br.Sprouts &amp; <b>Root Beer Floats!</b></p>	<p><b>4</b> Chair yoga 11am, Bldg A</p> <p><b>BBQ Pulled Chicken Sandwich</b> Cheesy Mashed Potatoes Broccoli</p>	<p><b>5</b></p> <p><b>Bingo 9:30am-Bldg A</b></p>	<p><b>6</b> <b>Funded in Partnership w/ AgeOptions</b></p> <p>\$4.00 Donation Requested, but not required</p>
<p><b>9</b> Chair Yoga Core 11am Bldg A <b>Kielbasa Polish Sausage</b> Diced Potatoes Bean side Rye Bread</p>	<p><b>10</b> <b>Bd.Games 10:30, Cafe</b></p> <p><b>Chicken Strips</b> on Mixed Salad Greens, <b>Rotini Pasta Salad</b>, Multigrain bread + Grief Support <b>1pm</b>, Bldg A</p>	<p><b>11</b> Chair yoga 11am, Bldg A <b>Brunch Today!</b> Souffle Lorraine (Eggs, Bacon, Swiss Cheese) Potatoes O'Brien Blueberry Bread, Fr Orange</p>	<p><b>12</b></p> <p><b>Bingo 9:30am-Bldg A</b></p>	<p><b>13</b></p> <p><i>Hot Coffee &amp; Tea Always Available</i></p> <p><i>Choice of 1% milk or juice with Lunch</i></p>
<p><b>16</b> Chair Yoga Core 11am Bldg A <b>Meatball Sub Sandwich</b> w/Red Sauce (French roll) Green Beans, potatoes Fresh Orange</p>	<p><b>17</b> <b>Bd.Games 10:30, Cafe</b></p> <p><b>Salisbury Steak</b> Mashed potatoes/Gravy Cabbage &amp; Carrots Cookie Chronic Pain Supp.1pm Bldg A</p>	<p><b>18</b> Chair yoga 11am, Bldg A</p> <p><b>Cold Turkey Breast + Cheddar on Kaiser Roll</b> w/Lettuce &amp; Tomato Delish Pea Salad &amp; Fruit</p>	<p><b>19</b></p> <p><b>Bingo 9:30am-Bldg A</b></p>	<p><b>20</b></p> <p><b>Friendly people Dine here...</b></p> <p><b>Please join us!</b></p>
<p><b>23</b> Chair Yoga Core 11am Bldg A <b>Chicken w/Glaze</b> Rice Pilaf Northern beans &amp; more!</p>	<p><b>24</b> <b>Bd.Games 10:30, Cafe</b></p> <p><b>French Dip Beef w/ French Roll</b> &amp; Mushrooms,Onions <b>Oven Fries</b></p>	<p><b>25</b> Chair yoga 11am, Bldg A</p> <p><b>Classic Lasagna w/ Meat Sauce</b> Squash, Ital. Green Beans Wheat Bread</p>	<p><b>26</b></p> <p><b>Bingo 9:30am-Bldg A</b></p>	<p><b>27</b></p> <p>Reservations Appreciated</p> <p><b>708-687-8220</b> A week or more in advance, when possible</p>
<p><b>30</b> Chair Yoga Core 11am Bldg A <b>Roast Pork &amp; Gravy</b> <b>Au Gratin Potatoes</b> Peas, Carrots, wheat bread</p>		<p><b>LUNCH SERVED AT 12 NOON</b> to guests age 60+</p>	<p><b>1% Milk Served with each meal</b></p> <p>Coffee included too!</p>	<p><b>Funded in Partnership w/ AgeOptions</b></p> <p>\$4.00 Donation Requested, but not required</p>

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