

February 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 Roast Pork & Gravy Au Gratin Potatoes Peas, Carrots, wheat bread	4 Be Strong 11am "A" Cheddar Broccoli/Rice/ Chicken Casserole Warm pear compote Pea Salad, roll	5 Chair Yoga 11am, Bldg A Salisbury Steak/Gravy Mashed Potatoes Corn, wheat roll, more	6 <i>Building A:</i> <ul style="list-style-type: none"> • <i>Bingo 9:30am</i> • <i>Be Strong 11am</i> 	7 Funding provided in whole or part by AgeOptions
10 Chair Yoga Core 11am Bldg A Roast Turkey & Gravy Bread Stuffing Baked Sweet Potatoes	11 Be Strong 11am "A" Spaghetti & Meatballs Mixed Salad greens Multi-grain bread & more	12 Chair Yoga 11am, Bldg A Hamburger & Bun! German Potato Salad Green Beans Apple sauce	13 <i>Building A:</i> <ul style="list-style-type: none"> • <i>Bingo 9:30am</i> • <i>Be Strong 11am</i> 	14 Valentine's Lunch & Dance! Special Event: Building A <i>Advance Registration and Payment is required!</i>
17 Presidents' Day No Lunch or Yoga Today See Friday 2/21! >>>>	18 Be Strong 11am "A" BBQ Riblet & Bun Oven Fries Black beans & Corn, more	19 Chair Yoga 11am, Bldg A Roast Turkey w/ Cheddar sauce Rice Pilaf, broccoli Biscuit! Cookie	20 <i>Building A:</i> <ul style="list-style-type: none"> • <i>Bingo 9:30am</i> • <i>Be Strong 11am</i> 	21 Chicken Breast Parmesan Penne Pasta w/Marinara Wheat Vienna Bread (yum) Squash, Peaches
24 Chair Yoga Core 11am Bldg A Bavarian Bratwurst Rye bread, Carrots Diced Potatoes Fresh fruit!	25 Be Strong 11am "A" Chicken Chardonnay Mashed Potatoes Broccoli, multigrain bread Fresh orange Chocolate pudding!	26 Chair Yoga 11am, Bldg A Texas Chili <i>So good</i> Mac & Cheese <i>mixed</i> Vegetable <i>Together!</i> Multigrain Bread Fruit cup	27 <i>Building A:</i> <ul style="list-style-type: none"> • <i>Bingo 9:30am</i> • <i>Be Strong 11am</i> 	28 Save money and buy a 10- Lunch Punch Card* \$35 donation for 10 = \$3.50 per Lunch!
(708) 687-8220 \$4.00 donation requested, but not required	Lunch is served at NOON Café Opens 11:15am	<i>Follow our monthly menus at:</i> www.bremementownship.net		Call for a reservation 1 week or more in advance (708) 687-8220 Same day spots may be available

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