

July 2017 Bremen Township Senior Lunch Program 15350 Oak Park Ave., Oak Forest ~ **687-8220**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Hot Dog on Bun! Potato Salad Baked Beans</p> <p>Amer. Mahjong 10:00</p>	<p>4th of July</p> <p>No Lunch Today</p> <p>Independence Day</p>	<p>5</p> <p>Breaded Fried Beef Steak w/ Country Gravy</p> <p>Mahjongg 10:15am</p>	<p>6</p> <p>Pesto Chicken w/ pesto Cream Sauce Rice & more</p> <p>“Walk with Ease” 10am</p>	<p>7 BINGO at Senior Ctr.</p> <p>Italian Meatballs! Pasta, French Bread</p> <p>Bingo 9am-Noon, then Lunch</p>
<p>10</p> <p>Pork Chop w/Gravy Applesauce Mashed Potato</p> <p>Amer. Mahjong 10:00</p>	<p>11</p> <p>Bratwurst on Bun Diced potatoes</p> <p>“Walk with Ease” 10am Show & Tell after lunch</p>	<p>12 Senior Field Trip</p> <p>Chicken w/Mushroom sce. Pasta, multigrain bread</p> <p>Mahjongg 10:15am</p>	<p>13</p> <p>Country Smoked Ham Sweet potato Muffin & more</p> <p>“Walk with Ease” 10am</p>	<p>14 BINGO at Senior Ctr.</p> <p>Baked Tilapia/butter sce.</p> <p>Bingo 9am-Noon, then Lunch</p> <p>Foot Doctor 10am, Call Ahead</p>
<p>17</p> <p>Vesuvio Meatballs Noodles, Salad</p> <p>Show & Tell after lunch Amer. Mahjong 10:00</p>	<p>18</p> <p>Grilled Hamburger on Bun O’Brien Potatoes</p> <p>“Walk with Ease” 10am</p>	<p>19</p> <p>Italian sausage/Red sauce Spaghetti, Broccoli Salad</p> <p>Mahjongg 10:15am</p>	<p>20</p> <p>Bone-in Roasted Chicken Wild Rice, Rye bread</p> <p>“Walk with Ease” 10am</p>	<p>21 BINGO at Senior Ctr.</p> <p>Stuffed Cabbage with Red sauce!</p> <p>Bingo 9am-Noon, then Lunch</p>
<p>24</p> <p>*Prime Rib au jus Parsley Potatoes *Reserve Early!</p> <p><u>No</u> Mahjong today</p>	<p>25</p> <p>Meatballs Stroganoff in Mushroom sauce w/ Pasta, peas, cole slaw</p> <p>“Walk with Ease” 10am</p>	<p>26</p> <p>Sloppy Joes on bun Garlic Mashed Potatoes</p> <p>Mahjongg 10:15am</p>	<p>27</p> <p>BBQ Pulled Chicken on Bun plus Smashed Potatoes Ice Cream Sundaes</p> <p>“Walk with Ease” 10am</p>	<p>28 BINGO at Senior Ctr.</p> <p>Lemon Pepper Whitefish!</p> <p>Bingo 9am-Noon, then Lunch</p>
<p>31</p> <p>Chicken Cacciatore (onions, peppers, mushroom sauce) Pasta & Roll</p> <p>Amer. Mahjong 10:00</p>	 <p>Funded in Partnership w/ AgeOptions</p>	<p>Lunch at 12 Noon to guests age 60+</p> <p>Mon.-Thurs in Café (rear bldg) Friday at Senior Ctr. (front)</p>	<p>Please reserve by noon Weds</p> <p>1 week in advance: (708) 687-8220</p> <p>\$4.00 donation requested, but not required</p>	<p>See menu on Township Website: www.bremontownship.net</p> <p>Follow link from “Senior Services”</p>