

# September 2025 Bremen Twp. Senior Lunch Café 15350 Oak Park Ave., Bldg. C 708-687-8220

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1 No Lunch Today</b>  <b>Labor Day</b>	<b>2 Be Strong,</b> <b>Bldg A, 1 1:30-12:00pm</b>  <b>Italian Sausage / Marinara,</b> Scalloped Potatoes, Brussels Sprout, Whole Wheat Bun	<b>3 Chair Yoga, 11am, Bldg A</b>  <b>BBQ Pulled Chicken,</b> Cheddar Mashed Potato, Broccoli, Whole Wheat Bun	<b>4 Be Strong,</b> <b>Bldg A, 11:30-12:00 pm</b>  <b>Bingo 9:30am, Bldg A</b>	<b>5 Bremen Township</b> <b>Senior Café</b>  <b>Welcomes Chef Nickey</b>
<b>8 Chair Yoga Core 11am</b> Bldg A  <b>Kielbasa,</b> Dilled Potatoes, Bean Casserole, Marble Rye Bread	<b>9 Be Strong,</b> <b>Bldg A, 11:30-12:00 pm</b>  <b>Chicken With Creamy</b> <b>Parmesan Pasta Salad,</b> Mixed Salad Greens, Herbed Tomato Wedges, and a Multi-Grain Bun.	<b>10 Chair Yoga, 11am, Bldg A</b>  <b>Eggs Lorrain,</b> Potatoes O'Brien, Fruit Cup, Blueberry Muffin, Whole Orange.	<b>11 Be Strong,</b> <b>Bldg A, 11:30-12:00 pm</b>  <b>Bingo 9:30am, Bldg A</b>	<b>12 LUNCH SERVED AT</b> <b>12 NOON</b> <b>On dates showing a meal</b> <b>Café opens 11:15am</b>
<b>15 No Yoga today</b>  <b>Meatball Marinara Sub</b> Sandwich, Potatoes Italiano, Italian green beans, shole wheat French roll, whole orange	<b>16 Be Strong,</b> <b>Bldg A, 11:30-12:00 pm</b>  <b>Salisbury Steak,</b> Mashed Potatoes/Gravy, Cabbage & Carrots, Multi-Grain Bread, Mixed Fruit.	<b>17 No Yoga today</b>  <b>Roasted Turkey Breast,</b> Wisconsin Cheddar, Whole Wheat Kaiser, Lettuce & Tomato, Pea Salad, Pineapple Bits.	<b>18 Be Strong,</b> <b>Bldg A, 11:30-12:00 pm</b>  <b>Bingo 9:30am, Bldg A</b>  <i>Choice of 1% milk or juice with Lunch</i>	<b>19 Friendly people</b> <b>Dine here...</b>  <i>Please join us!</i>
<b>22 Chair Yoga Core 11am</b> Bldg A <b>Chicken Ala Orange,</b> Vegetable Rice Pilaf, Northern Beans, Raisin Bran Muffin, Chilled Peaches	<b>23 Be Strong,</b> <b>Bldg A, 11:30-12:00 pm</b>  <b>French Dip of Beef with</b> Mushrooms & Onions, Oven Fries, Corn, Whole Wheat French Roll, Whole Apple.	<b>24 Chair Yoga, 11am, Bldg A</b>  <b>Classic Lasagna</b> with meat sauce, squash medley, Italian green beans, whole wheat Vienna bread, chilled pears.	<b>25 Be Strong,</b> <b>Bldg A, 11:30-12:00 pm</b>  <b>Bingo 9:30am, Bldg A</b>  <i>Come out &amp; Socialize with us</i>	<b>26 \$4 donations requested</b>  <b>Save money and buy a 10-Lunch</b> Punch Card \$35 for 10 <b>= \$3.50 per Lunch!</b>
<b>29 Chair Yoga Core 11am</b> Bldg A  <b>Roast Pork &amp; Gravy, Au</b> <b>Gratin Potatoes,</b> Peas & Carrots, Multi-Grain Bread, Whole Apple.	<b>30 Be Strong,</b> <b>Bldg A, 11:30-12:00 pm</b>  <b>Cheddar Broccoli Chicken Rice</b> <b>Casserole,</b> Cauliflower, Whole Wheat Roll, Warm Pear and Cranberry Crumble, Pea Salad.			<b>Lunch is served</b> <b>Mondays, Tuesdays &amp;</b> <b>Wednesdays</b> <b>To guests age 60+</b>  <b>Café Opens 11:15 am</b> <b>Lunch at Noon</b>

- Funding provided by Bremen Township and your Donations. Thank You!