



Congregate Meals Program

Please join us for Lunch!

Salerno's Pizzeria & Sports Bar
9301 W. 63rd Street, Hodgkins, IL
Monday—Friday
Lunch begins at 11:30am

Older adults (age 60+) are invited to enjoy a freshly prepared, nutritious lunch and entertaining activities. To view the menu, please visit www.agingcareconnections.org.

Please call 708-354-1323 to make reservations and cancellations by **NOON** the day prior to attendance.

The program is funded in part by AgeOptions and Title III-C of the Older Americans Act.



The Senior Lunch Site is operated by Aging Care Connections, in partnership with Salerno's.



Se habla español.

**Suggested
Donation
\$2.50**































SALERNO'S CONGREGATE MENU FOR AGING CARE CONNECTIONS - AUGUST 2017



MONDAY JULY 31	TUESDAY AUGUST 1	WEDNESDAY AUGUST 2	THURSDAY AUGUST 3	FRIDAY AUGUST 4
	STUFFED CHICKEN BREAST - 3OZ. STUFFING - 1/2C ROASTED POTATOES - 1/2C CORN - 1/2C RYE BREAD - 2 SLS. FRUIT - 1/2C MILK - 8 OZ.	MEATLOAF - 3 OZ. MASHED POTATOES W/GRAVY - 1/2C GREEN PEAS - 1/2C CREAM OF MUSHROOM SOUP - 3/4C FRENCH BREAD - 2SLS. FRUIT - 1/2C MILK - 8 OZ.	EGGPLANT PARMIGIANA - W/3 OZ. CHEESE SPAGHETTI - 1/2C SALAD W/TOMATOES - 1C GR BEANS - 1/2C GARLIC BREAD - 2 OZ. WATERMELON - 4 OZ. MILK - 8OZ.	PULLED PORK ON A BUN - 3OZ. BAKED BEANS - 1/2C COLESLAW - 1/2C PASTA SALAD - 1/2C FRUIT - 1/2C MILK - 8 OZ.
MONDAY AUGUST 7	TUESDAY AUGUST 8	WEDNESDAY AUGUST 9 - ALTERNATE MEAL	THURSDAY AUGUST 10	FRIDAY AUGUST 11
ORANGE CHICKEN - 3 OZ. BROWN RICE - 1/2C BROCCOLI - 1/2C CARROTS - 1/2C FRENCH BREAD - 2 SLS. FRUIT - 1/2C MILK - 8 OZ.	BR PORK TENDERLOIN IN GRAVY - 3 OZ. BAKED POTATO - 4 OZ. ZUCHINNI W/STEWED TOMATOES - 1/2C RYE BREAD - 2 SLS. APPLESAUCE - 1/2C MILK - 8 OZ.	TILAPIA OR HAM - 3 OZ. MAC AND CHEESE - 1/2C GREEN BEANS - 1/2C SALAD W/TOMATOES - 1C FRENCH BREAD - 2 SLS. FRUIT - 1/2C MILK - 8 OZ.	SWEDISH MEATBALLS - 3 OZ. BUTTERED NOODLES - 1/2C SPINACH - 1/2C PICKLED BEETS - 1/2C FRENCH BREAD - 2 SLS. FRUIT - 1/2C MILK - 8 OZ.	SUBMARINE SANDWICH ON A HARD ROLL W/3 OZ. MEAT & CHEESE POTATO SALAD - 1/2C CUCUMBER SALAD - 1/2C CHICKEN ROSA MARINA SOUP - 3/4C RED JELLO - 1/2C MILK - 8 OZ.
MONDAY AUGUST 14	TUESDAY AUGUST 15	WEDNESDAY AUGUST 16 - ALTERNATE MEAL	THURSDAY AUGUST 17	FRIDAY AUGUST 18 - BLUE PLATE SPECIAL
ITALIAN GOULASH - 3 OZ. MEAT MIXED VEGETABLES - 1/2C SALAD W/TOMATOES - 1C GARLIC BREAD - 2 OZ. FRUIT - 1/2C MILK - 8 OZ.	TURKEY IN GRAVY - 3 OZ. MASHED POTATOES W/GRAVY - 1/2C STUFFING - 1/2C CAULIFLOWER - 1/2C WHEAT ROLL - 2 OZ. CRANBERRY SAUCE - 1/2C MILK - 8 OZ.	ITALIAN BEEF OR ITALIAN SAUSAGE W/GR PEPPERS ON A HARD ROLL - 3 OZ. PASTA SALAD - 1/2C BAKED BEANS - 1/2C FRUIT - 1/2CC MILK - 8 OZ.	CHEESE MANICOTTI - 3 OZ. CHEESE SPINACH - 1/2C SALAD - 1C GARLIC BREAD - 2 OZ. FRUIT - 1/2C MILK - 8 OZ.	CHICKEN LEG QUARTERS - 3 OZ. BAKED POTATO - 4 OZ. CORN - 1/2C CREAM OF CELERY SOUP - 3/4C FRENCH BREAD - 2 SLS. FRUIT - 1/2C MILK - 8 OZ.
MONDAY AUGUST 21	TUESDAY AUGUST 22	WEDNESDAY AUGUST 23	THURSDAY AUGUST 24	FRIDAY AUGUST 25
SALISBURY STEAK W/MUSH & ONIONS - 3 OZ. MASHED POTATOES W/GRAVY - 1/2C GREEN PEAS - 1/2C SALAD W/TOMATOES - 1C FRENCH BREAD - 2 SLS. FRUIT - 1/2C MILK - 8 OZ.	LASAGNA W/MEAT - 3 OZ MEAT SALAD - 1C GREEN BEANS - 1/2C MINNESTRONE SOUP - 3/4 GARLIC BREAD - 2OZ. FRUIT - 1/2C MILK - 8 OZ.	ALFREDO FETTUCINE W/CHICKEN - 3 OZ. CHICKEN PEAS AND CARROTS - 1/2C PICKLED BEETS - 1/2C FRENCH BREAD - 2 SLS. FRUIT - 1/2C MILK - 8 OZ.	CORNED BEEF - 3 OZ. CABBAGE - 1/2C BOILED POTATOES - 1/2C CARROTS - 1/2C RYE BREAD - 2 SLS. FRUIT - 1/2C MILK - 8 OZ.	TURKEY CLUB ON WHEAT BREAD - 3 OZ. MEAT COLESLAW - 1/2C PASTA SALAD - 1/2C CREAM OF POTATO SOUP - 3/4C FRUIT - 1/2C MILK - 8 OZ.
MONDAY AUGUST 28	TUESDAY AUGUST 29	WEDNESDAY AUGUST 30	THURSDAY AUGUST 31 - TASTE OF SALERNO'S	FRIDAY SEPT. 1
SWEET AND SOUR CHICKEN W/PINEAPPLE - 3 OZ. BROWN RICE - 1/2C BROCCOLI - 1/2C FRENCH BREAD - 2 SLS. FRUIT - 1/2C MILK - 8 OZ.	2 CHICKEN TACOS ON WHEAT TORTILLA W/LETTUCE, TOMATO, CHEESE, & SOUR CREAM - 3OZ. REFRIED BEANS - 1/2C SPANISH RICE - 1/2C FRUIT - 1/2C MILK - 8 OZ.	CHEESE AND SAUSAGE PIZZA W/MUSH & GR PEPPER - 2 OZ. CHEESE, 3 OZ. SAUSAGE, 2 OZ. MUSH, 2 OZ. GR PEPPERS SALAD - 1C FRUIT - 1/2C CREAM OF BROCCOLI SOUP - 3/4C MILK - 8 OZ.	CHICKEN PARMESAN - 2 OZ. CHICKEN PICANTE' - 2 OZ. PASTA IN VODKA SAUCE - 1/2C SALAD W/TOMATOES - 1C GREEN BEANS - 1/2C GARLIC BREAD - 2 OZ. FRUIT - 1/2C MILK - 8 OZ.	

TO RESERVE CALL 708-354-1323

SALERNO'S CONGREGATE ACTIVITIES FOR AGING CARE CONNECTIONS - AUGUST 2017

MONDAY JULY 31	TUESDAY AUGUST 1	WEDNESDAY AUGUST 2	THURSDAY AUGUST 3	FRIDAY AUGUST 4
BEGINNING OF THE LUCKY MEAL NUMBERS GAME. IF YOUR NUMBER MATCHES THE DESIGNATED NUMBER FOR THE DAY, YOU WIN A PRIZE. THIS GAME RUNS THROUGH THE MONTH OF AUGUST.	10:00 A.M. - ADVISORY COUNCIL MEETING HELPING HAND DAY - COME OUT AND SUPPORT OUR PARTNERS 10:00 A.M.-2:00 P.M. 12:45 P.M. - FORTUNE BINGO 	NATIONAL ICE CREAM SANDWICH DAY - DONATION \$1.00 12:30 P.M. - ACES CARD GAME  	NATIONAL WATERMELON DAY - FREE SLICE OF WATERMELON W/LUNCH 12:45 P.M. LET'S MAKE A DEAL BINGO  	NATIONAL CHOCOLATE CHIP COOKIE DAY - DONATION .50 CENTS 12:30 P.M. YAHTZEE 
MONDAY AUGUST 7	TUESDAY AUGUST 8	WEDNESDAY AUGUST 9	THURSDAY AUGUST 10	FRIDAY AUGUST 11
BINGO BLOW-OUT TWO SESSIONS OF BINGO 10:30 A.M. AND 12:45 P.M. WITH TREATS 	12:45 P.M. - FORTUNE BINGO 	12:30 P.M.- Adult Coloring 	12:45 P.M. - BINGO 	12:30 P.M. - BUNCO 
MONDAY AUGUST 14	TUESDAY AUGUST 15	WEDNESDAY AUGUST 16	THURSDAY AUGUST 17	FRIDAY AUGUST 18
 12:45 P.M. - PO-KENO DREAM SICKLE - 50 CENTS DONATION 	SECRETARY OF STATE PRESENTS - RULES OF THE ROAD REVIEW COURSE 10:00 A.M. - 12 NOON 12:45 P.M. - FORTUNE BINGO 	12:30 P.M. - HEARTLAND BANK SPONSORS BINGO 	12:45 P.M. - BINGO DONATION FOR FIRST CARD - 50 CENTS 	BLUE PLATE SPECIAL - LUNCH DONATION \$1.25 12:30 P.M. - AUCTION 
MONDAY AUGUST 21	TUESDAY AUGUST 22	WEDNESDAY AUGUST 23	THURSDAY AUGUST 24	FRIDAY AUGUST 25
12:45 P.M. - PO-KENO SENIOR CITIZEN DAY - LET'S HAVE FUN 	12:45 P.M. - FORTUNE BINGO 	12:00 NOON - NUTRITION PRESENTATION PRESENTED BY LAURA WALSH of WALSH'S NUTRITION GROUP 	12:45 P.M. - BINGO 	12:30 P.M. - ACES CARD GAME COLORFUL LUNCH YELLOW PANTS, BLOUSE OR SHIRT 3 WINNERS  
MONDAY AUGUST 28	TUESDAY AUGUST 29	WEDNESDAY AUGUST 30	THURSDAY AUGUST 31	FRIDAY SEPT. 1
12:45 - PO-KENO 	12:45 P.M. - FORTUNE BINGO 	12:30 - UNO CARD GAME 	NATIONAL TRAIL MIX DAY 12 NOON - ACC PRESENTS MEDICARE UPDATES 12:45 P.M. - SURPRISE BINGO 	 SEPTEMBER