



# Stars & Stripes Café NOVEMBER 2011



Hanover Township Senior Center, 240 South Route #59, Bartlett, IL 60103  
Rita Mellor, Program Assistant: 630-483-5600

Serving Lunch  
Monday Thru Friday  
From 11:30am to 1:00pm

Monday	Tuesday	Wednesday	Thursday	Friday
<b>DELI BAR</b> <b>AVAILABLE DAILY</b> Includes a cup of soup, a half sandwich and one plate of your choice of fresh salad fixings.	<b>1</b> <b>BBQ Chicken Quarter</b> <b>Ranch Beans</b> <b>Coleslaw</b> <b>Corn Muffin</b> <b>Orange Juice</b>	<b>2</b> <b>Choice Day</b> <b>Healthy Lite Fish Filet</b> <b>OR Chicken Breast</b> <b>Macaroni &amp; Cheese</b> <b>Garden Blend</b> <b>Vegetables</b> <b>Tossed salad</b> <b>Diced Peaches</b>	<b>3</b> <b>Mostaccoli w/Marinara</b> <b>Sauce</b> <b>Italian Meatballs</b> <b>Broccoli Cuts</b> <b>Bran Muffin</b> <b>Apple Juice</b> <b>Fruit Cocktail</b>	<b>4</b> <b>Choice Day</b> <b>Baked Ham OR</b> <b>Chicken Breast w/</b> <b>Raisin Sauce</b>  <b>Scalloped Potatoes</b> <b>Seasoned Green Beans</b> <b>Pineapple Chunks</b> <i>Happy November Birthday</i>
<b>7</b> <b>Beef Meatloaf</b> <b>Mashed Potatoes w/</b> <b>Gravy</b> <b>Mixed Vegetables</b> <b>Tossed Salad</b> <b>Vanilla Wafers</b>	<b>8</b> <b>Breaded Chicken</b> <b>Drumsticks</b> <b>Seasoned Lima Beans</b> <b>Cauliflower w/Cheese</b> <b>Sauce</b> <b>Apricot Nectar</b> <b>Biscuit</b> <b>Fresh Fruit</b>	<b>9</b> <b>Sloppy Joe</b> <b>Hash Brown Potatoes</b> <b>Mexicorn</b> <b>Mixed Fruit</b> <b>Oatmeal Cookie</b>	<b>10</b> <b>Choice Day</b> <b>Lemon pepper Fish OR</b> <b>Chicken Breast</b> <b>Rice Pilaf</b> <b>Broccoli Cuts</b> <b>Apple Juice</b> <b>Diced Peaches</b>	<b>11</b> <b>CLOSED</b> <b>Veterans Day</b>
<b>14</b> <b>Beef Hot Dog</b> <b>Vegetarian Baked Beans</b> <b>Chuck Wagon Corn</b> <b>Fruit Punch Juice</b> <b>Apple Cobbler</b>	<b>15</b> <b>Apricot Chicken Breast</b> <b>Brown &amp; White Rice</b> <b>Stir Fry Vegetables</b> <b>Pineapple Juice</b> <b>Tossed Salad</b>	<b>16</b> <b>Beef Stew w/Barley</b> <b>Seasoned Cabbage</b> <b>Green Bean &amp; Onion</b> <b>Salad</b> <b>Mandarin</b> <b>Orange Segments</b>	<b>17</b> <b>Baked Cornish Hen</b> <b>Blackeyed Peas &amp; Rice</b> <b>Seasoned Collard</b> <b>Greens</b> <b>Corn Muffin</b> <b>Marinated Tomatoes</b> <b>Graham Crackers</b>	<b>18</b> <b>Turkey Pot Roast</b> <b>w/Mushrooms Sauce</b> <b>Green Peas &amp;</b> <b>Pearl Onions</b> <b>Cornbread Stuffing</b> <b>Ambrosia Salad</b> <b>Cranberry Juice</b>
<b>21</b> <b>Choice Day</b> <b>Baked Fish OR Chicken</b> <b>Breast</b> <b>Black Bean &amp; Corn Relish</b> <b>Yellow Rice</b> <b>Sautéed Spinach</b> <b>Orange</b>	<b>22</b> <b>Oven Fried Chicken</b> <b>Broccoli Cheese Rice</b> <b>Glazed Carrots</b> <b>Orange Juice</b> <b>Banana</b> <b>NO DELI BAR</b>	<b>23</b> <b>Spaghetti w/Meat Sauce</b> <b>Capri Blend Vegetables</b> <b>Cottage Cheese</b> <b>&amp; Peaches</b> <b>Garlic Bread</b> <b>Grape Juice</b>	<b>24</b> <b>CLOSED</b> <b>IN OBSERVANCE OF</b> <b>THANKSGIVING</b>	<b>25</b> <b>CLOSED</b>
<b>28</b> <b>Salisbury Steak w/Gravy</b> <b>Brown Rice</b> <b>Garden Blend Vegetables</b> <b>Fruit Punch Juice</b> <b>Diced Pears</b>	<b>29</b> <b>Chicken Caccitore</b> <b>w/Peppers, Onions &amp;</b> <b>Tomatoes</b> <b>Tri Color Rotini Pasta</b> <b>California Blend</b> <b>Vegetables</b> <b>Rice Pudding</b>	<b>30</b> <b>Beef Kielbasa</b> <b>Roasted Potatoes</b> <b>Seasoned Zucchini &amp;</b> <b>Onions</b> <b>Gelatin &amp; Fruit Cocktail</b>	<b>AGE OPTIONS</b>  Funds in whole or in part were provided through an award from Age Options under title III of the Older Americans Act as administered through the Illinois Department on Aging and the Federal Administration on Aging.	

Coffee, tea, 1% or fat free milk also served with each meal.

Suggested Donation: Age 60 and up with Completion of Age Options Form: \$4.00 All Others: \$6.00

Menu subject to change due to product availability.

Reservations appreciated but not required.