



HANOVER TOWNSHIP SENIOR CENTER
 240 S IL ROUTE 59
 BARTLETT, IL 60103
 630-483-5600

STARS-N-STRIPES CAFE AT THE SENIOR CENTER

DECEMBER 5-9
 MONDAY THROUGH FRIDAY
 11 AM - 1 PM

\$4 FOR 60+, \$6 FOR YOUNGER



**Hanover
 Healthy
 Habits**

MONDAY, DECEMBER 5

A TURKEY TETRAZZINI IN CREAM SAUCE

B MEATLOAF

SERVED WITH ROLL, NOODLES OR RICE,
 ROASTED CAULIFLOWER, MELON, AND SKIM MILK.

TUESDAY, DECEMBER 6

A RED WINE BEEF STEW

B BEEF RAVIOLI WITH MARINARA SAUCE

SERVED WITH NOODLES OR ROLL, MIXED GREEN SALAD,
 PEAR AND SKIM MILK.

WEDNESDAY, DECEMBER 7

A BREADED FISH TENDERS

B BBQ PULLED CHICKEN SANDWICH

SERVED WITH CORNBREAD OR SANDWICH, COLESLAW,
 SUGAR-FREE FRUIT PIE AND SKIM MILK.

THURSDAY, DECEMBER 8

A WARM CUBAN PORK PANINI

B ROASTED COD WITH CAPER TAPENADE

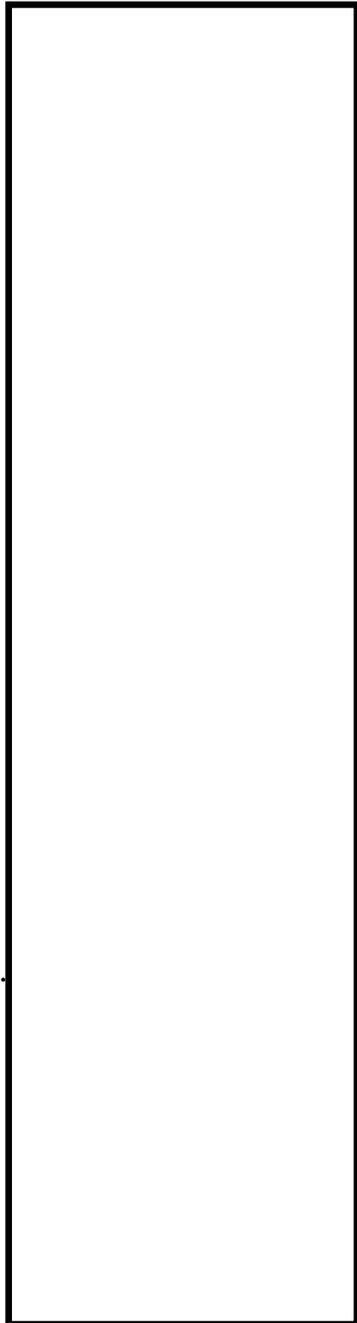
SERVED WITH BREAD OR RICE & ROLL, ROASTED
 BROCCOLI & CAULIFLOWER, MIXED FRUIT AND SKIM MILK.

FRIDAY, DECEMBER 9

A BEEF BURGER

B TUNA NOODLE CASSEROLE

SERVED WITH BUN OR NOODLES & ROLL, CREAMY
 CHICKEN WILD RICE SOUP, ORANGES & SKIM MILK.





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STARS-N-STRIPES CAFE AT THE SENIOR CENTER

DECEMBER 12-16
 MONDAY THROUGH FRIDAY
 11 AM - 1 PM

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MONDAY, DECEMBER 12

A SALMON BURGER

B BBQ BEEF SANDWICH

SERVED WITH MIXED SIDE SALAD, CITRUS FRUIT SALAD AND SKIM MILK.

TUESDAY, DECEMBER 13

A BEEF TACOS WITH BEAN SALSA

B GLAZED PORK WITH CARROTS AND LEEKS

SERVED WITH TORTILLAS & ROLL OR WHOLE HEAT ROLL, MIXED SEASONAL VEGETABLES, APPLE, NO ADDED SUGAR FRUIT JELLO AND SKIM MILK.

WEDNESDAY, DECEMBER 14

A CHICKEN FRICASSE

B OPEN FACED TURKEY MEATLOAF SANDWICHES

SERVED WITH RICE & ROLL OR SANDWICH, SPINACH, PEAR, & POMEGRANATE SALAD, MELON AND SKIM MILK.

THURSDAY, DECEMBER 15

A BAKED PARMESAN GARLIC FISH

B CHICKEN PARMESAN WITH TOMATO SAUCE

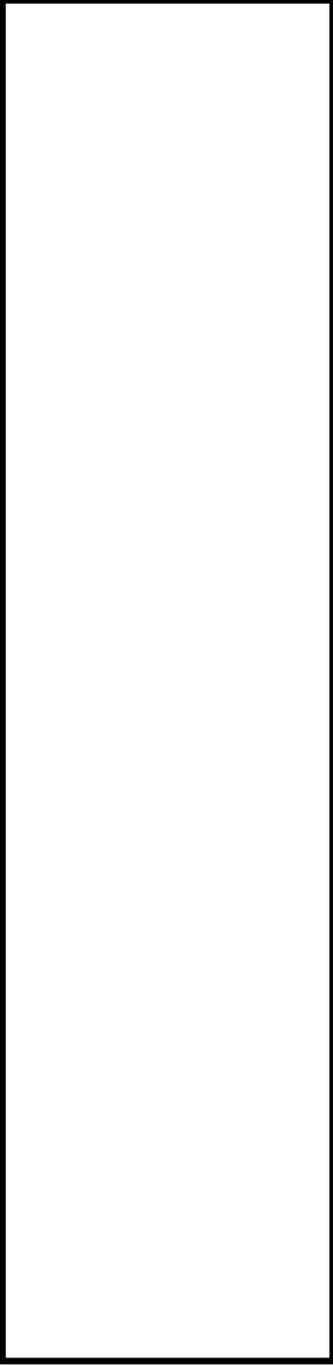
SERVED WITH NOODLES & ROLL, MIXED VEGETABLES, MIXED FRUIT AND SKIM MILK.

FRIDAY, DECEMBER 16

A GRILLED HAM & CHEESE SANDWICH

B ROASTED PORK, CHEDDAR & APPLE SALAD

SERVED WITH BREAD OR ROLLS, CREAMY TOMATO BISQUE SOUP, ORANGES AND SKIM MILK.





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STARS-N-STRIPES CAFE AT THE SENIOR CENTER

DECEMBER 19-23
 MONDAY THROUGH FRIDAY
 11 AM - 1 PM

\$4 FOR 60+, \$6 FOR YOUNGER



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MONDAY, DECEMBER 19

A PORK CHOPS WITH COUNTRY GRAVY

B POT ROAST WITH ROOT VEGETABLES

SERVED WITH ROLLS & RICE OR WHOLE WHEAT BREAD,
 WINTER GREENS, WALNUTS, APPLE & SLICED BEET,
 APPLE AND SKIM MILK.

TUESDAY, DECEMBER 20

A SWEET ITALIAN SAUSAGE & PEPPER IN RED SAUCE

B MOSTACCIOLI WITH MEAT SAUCE

SERVED WITH PASTA & ROLL, VEGETABLE GUMBO SOUP,
 MELON AND SKIM MILK.

WEDNESDAY, DECEMBER 21

A BBQ RIBS

B PULLED CHICKEN

SERVED WITH MAC N CHEESE & ROLL, COLESLAW,
 ROASTED SWEET POTATOES, DICED PINEAPPLE AND
 SKIM MILK,

THURSDAY, DECEMBER 22

A CHEESE MANICOTTI IN TOMATO SAUCE

B CHICKEN LASAGNA IN CREAM SAUCE

SERVED WITH GARLIC BREADSTICK, GARDEN SALAD,
 APPLE, SLICE OF STRAWBERRIES & CREAM PIE AND
 SKIM MILK.

FRIDAY, DECEMBER 23

CLOSED FOR CHRISTMAS HOLIDAY.





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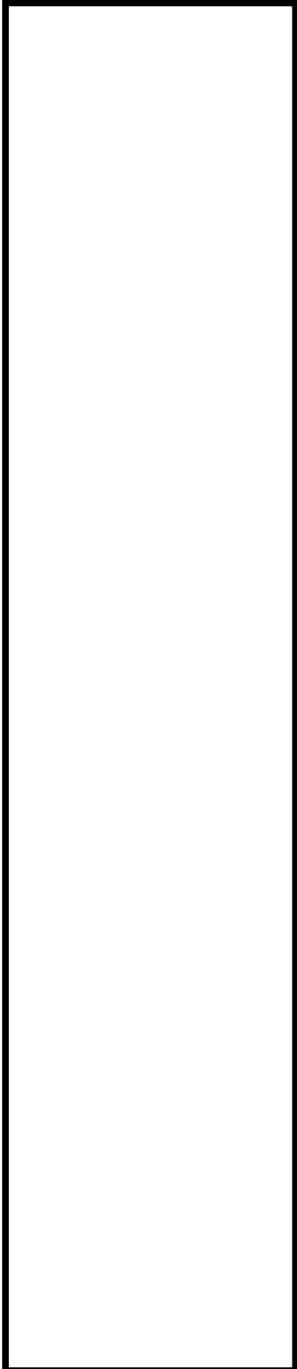
STARS-N-STRIPES CAFE AT THE SENIOR CENTER

DECEMBER 26-30
 MONDAY THROUGH FRIDAY
 11 AM - 1 PM

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MONDAY, DECEMBER 26

CLOSED FOR THE CHRISTMAS HOLIDAY

TUESDAY, DECEMBER 27

A WHITE CHICKEN CHILI

B BEEF RAVIOLI

SERVED WITH ROLL OR NOODLE & ROLL, GARDEN SALAD, MIXED SEASONAL FRUIT AND SKIM MILK.

WEDNESDAY, DECEMBER 28

A GRILLED STEAK SALAD

B TUNA MELT

SERVED WITH ROLL OR WHEAT BREAD, CHICKEN TORTILLA SOUP, MANDARIN ORANGES AND SKIM MILK.

THURSDAY, DECEMBER 29

A ROASTED CITRUS SALMON

B CHICKEN FRIED STEAK

SERVED WITH NOODLE & ROLL, SCALLOPED POTATOES, GREEN BEANS, BAKED APPLES AND SKIM MILK.

FRIDAY, DECEMBER 30

A ASSORTMENT OF SAVORY PASTRIES

B CRAB RANGOON, SHRIMP COCKTAIL

SERVED WITH CRISPY MUSHROOMS & CAULIFLOWER BITES, RASPBERRY ALMOND SHORTBREAD AND SKIM MILK.