



STARS-N-STRIPES CAFE AT THE SENIOR CENTER



Hanover Township Senior Center
240 S IL Route 59
Bartlett, IL 60103
630-483-5600

November 1 - 6, 2020
Monday through Friday
11 AM - 1 PM
\$4 for 60+, \$6 for younger

Monday, November 2

A	Stuffed Peppers with Potatoes
B	Chicken Entrée with Pasta
C	Mixed Green Salad with Protein and Roll

Served with Seasonal Fruit and Soup

Tuesday, November 3

A	Meatloaf with Potatoes and Gravy
B	Chicken Kiev with Potatoes
C	Mixed Green Salad with Protein and Roll

Served with Seasonal Fruit and Vegetables

Wednesday, November 4

A	Breakfast Sandwich with Egg, Bacon, and Cheese
B	Chicken Fajita with Onion and Pepper served with Rice and Tortilla 
C	Mixed Green Salad with Protein and Roll

Served with Seasonal Fruit and Vegetables

Thursday, November 5

A	Beef Stroganoff over Noodles
B	Turkey, Lettuce, Tomato in a Spinach Wrap
C	Mixed Green Salad with Protein and Roll

Served with Seasonal Fruit and Vegetables

Friday, November 6

A	Pub Food - Chicken Fingers, Fries and Baked Beans 
B	Baked Pasta with Meatballs
C	Mixed Green Salad with Protein and Roll

Served with Seasonal Fruit and Vegetables

Hanover Healthy Habits

November is National Family Caregivers Month. During National Family Caregivers Month, we recognize the challenges family caregivers face when their loved ones need. Hanover Township Senior Center is a place where caregivers are supported.



MORE RESOURCES:

Hanover Township offers free therapy for residents of the Township aged 55 and better through a grant from the Mental Health Board. The CHOPE program is especially helpful for times when feeling down and lonely. For more information about the program please contact the Department of Aging Services, Social Services Division. Your information is confidential.

(630) 483-5660

** Menu items listed for November are subject to change

STARS-N-STRIPES CAFE AT THE SENIOR CENTER

November 9 - 13, 2020
 Monday through Friday
 11 AM - 1 PM

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Monday, November 9

- A** Pot Roast with Vegetables and Gravy
- B** Greek Salad with Chicken, Feta, Olives, and Tomatoes

Served with Seasonal Fruit and Vegetables

Tuesday, November 10

- A** Chicken Pot Pie
- B** Italian Sausage Sandwich with Peppers
- C** Mixed Green Salad with Protein and Roll

Served with Seasonal Fruit and Vegetables

Wednesday, November 11

Closed for Holiday



Thursday, November 12

- A** Cabbage Roll Entrée
- B** Chicken Caprese Sandwich with Mozzarella and Tomato
- C** Mixed Green Salad with Protein and Roll

Served with Seasonal Fruit and Vegetables

Friday, November 13

- A** Cheeseburger with Lettuce and Tomato
- B** Tacos with Lettuce, Cheese, and Spanish Rice
- C** Mixed Green Salad with Protein and Roll

Served with Seasonal Fruit and Soup

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Hanover Healthy Habits

10 TIPS FOR FAMILY CAREGIVERS



Seek support from other caregivers. You are not alone!

1



Take care of your own health so that you can be strong enough to take care of your loved one.

2



Accept offers of help and suggest specific things people can do to help you.

3



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STARS-N-STRIPES CAFE AT THE SENIOR CENTER

November 16 - 20, 2020
 Monday through Friday
 11 AM - 1 PM

\$4 for 60+, \$6 for younger



Monday, November 16

A	Swedish Meatballs over Pasta 
B	Chicken Lasagna in White Sauce
C	Mixed Green Salad with Protein and Roll

Served with Seasonal Fruit and Vegetables

Tuesday, November 17

A	Polish Sausage, Sauerkraut, and Pierogi 
B	Sweet and Sour Chicken Entrée
C	Mixed Green Salad with Protein and Roll

Served with Seasonal Fruit and Vegetables

Wednesday, November 18

A	Stuffed Shells with Meatballs
B	Grilled Ham and Cheese
C	Mixed Green Salad with Protein and Roll

Served with Seasonal Fruit and Soup

Thursday, November 19

A	Chili Mac with Cheese
B	Baked Potato with Cheese, Bacon, and Vegetables
C	Mixed Green Salad with Protein and Roll

Served with Seasonal Fruit and Vegetables

Friday, November 20

A	Baked Fish with Roasted Potatoes
B	BLT Club Sandwich
C	Mixed Green Salad with Protein and Roll

Served with Seasonal Fruit and Soup

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Learn how to communicate effectively with doctors.

4



Caregiving is hard work so take respite breaks often.

5



Watch out for signs of depression and don't delay getting professional help when you need it.

6



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STARS-N-STRIPES CAFE AT THE SENIOR CENTER

November 23 - 27, 2020
 Monday through Friday
 11 AM – 1 PM

\$4 for 60+, \$6 for younger



Monday, November 23

A	Ravioli with Meatballs
B	Chicken Limone over Pasta
C	Mixed Green Salad with Protein and Roll

Served with Seasonal Fruit and Soup

Tuesday, November 24

A	Ruben Sandwich
B	Mac and Cheese with Ham
C	Mixed Green Salad with Protein and Roll

Served with Seasonal Fruit and Vegetables

Wednesday, November 25

A	BBQ Ribs with Potato Salad, Beans, and Cole Slaw
B	Chicken Parmesan Sandwich with Cheese
C	Mixed Green Salad with Protein and Roll

Served with Seasonal Fruit

Thursday, November 26

Closed for Holiday



Friday, November 27

Closed for Holiday

** Menu items listed for November are subject to change

Hanover Healthy Habits



Be open to new technologies that can help you care for your loved one.

7



Organize medical information so it's up to date and easy to find.

8



Make sure legal documents are in order.

9



Give yourself credit for doing the best you can in one of the toughest jobs there is!

10