

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

Funding provided by Bremen Township & your Donations, Thank You!

Monday	Tuesday	Wednesday	Thursday	Friday
Chair Yoga Core 11am Building A	Be Strong, Building A, 11:30-12:00pm	1 Chair Yoga, 11am, Bldg A Salisbury Steak & Gravy Mashed potatoes Corn Whole wheat roll Pineapple tidbits	2 Be Strong, Building A, 11:30-12:00 pm Bingo 9:30am, Bldg A	3 Bremen Township Senior Café Welcomes Chef Nickey
6 Chair Yoga Core 11am Building A Roast Turkey & Gravy Baked sweet potatoes Mixed vegetables Bread stuffing Chef's fruit	7 Be Strong, Building A, 11:30-12:00 pm Spaghetti & Meatball Marinara Mixed salad greens Multi grain bread Warm Peach Cobbler Fruit cup	8 Chair Yoga, 11am, Building A Hamburger, German potato salad Green beans, Whole wheat Hamburger bun Apple sauce	9 Be Strong, Building A, 11:30-12:00 pm Bingo 9:30am, Bldg A	10 LUNCH SERVED AT 12 NOON On dates showing a meal Café opens 11:15am
13 No Yoga today Closed for Columbus Day	14 Be Strong, Building A, 11:30-12:00 pm BBQ Riblet, Oven Fries Broccoli, Whole wheat sandwich bun Whole apple	15 Chair Yoga, 11am & Senior Craft, 11am Building A Chicken Tortilla soup Spanish brown rice Black beans and corn Tortilla chips Oatmeal raisin cookie Chef's fruit	16 Be Strong, Building A, 11:30-12:00 pm Bingo 9:30am, Bldg A <i>Choice of 1% milk or juice with Lunch</i>	17 Friendly people Dine here... <i>Please join us!</i>
20 Chair Yoga Core 11am Building A Bavarian Bratwurst Diced parslied potatoes Carrots Rye bread Fresh melon	21 Be Strong, Building A, 11:30-12:00 pm Chicken Chardonnay Mashed potatoes Broccoli Multi grain bread Fresh orange Chocolate pudding	22 Chair Yoga, 11am, Building A Texas Chili Mac & cheese Country blend vegetable Multi grain bread Fruit cup	23 Be Strong, Building A, 11:30-12:00 pm Bingo 9:30am, Bldg A <i>Come out & Socialize with us</i>	24 \$4 donations requested Save money and buy a 10-Lunch Punch Card \$35 for 10 = \$3.50 per Lunch!
27 Chair Yoga Core 11am Building A Old Fashion Beef Vegetable Soup Corn, Green beans Multi grain read Chilled pears Cookie	28 Be Strong, Building A, 11:30-12:00 pm Turkey pot roast/gravy Baked potato Peas & carrots Multi grain bread Chef's fruit Banana	29 Chair Yoga, 11am, Building A Spaghetti & Meatball Marinara Broccoli Whole wheat Vienna Chilled peaches	30 Be Strong, Building A, 11:30-12:00 pm Bingo 9:30am, Bldg A	31 Lunch is served Mondays, Tuesdays & Wednesdays To guests age 60+ Café Opens 11:15 am Lunch at Noon