

**October** 2023 *Bremen Township Senior Cafe* 15350 Oak Park Ave., Oak Forest, Bldg C ~ 708-687-8220

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 <b>Getting Stronger 11am</b> Bldg A</p> <p><b>Roast Pork &amp; Gravy</b> <b>Au Gratin Potatoes</b> Yum!</p>	<p>3 10:30 Walk the Path</p> <p><b>Cheddar Broccoli</b> <b>Chicken Rice Casserole</b> Pea Salad</p>	<p>4 <b>Mobility 11am, Bldg A</b></p> <p><b>Salisbury Steak/Gravy</b> <b>Mashed Potatoes</b> Multi-grain dinner roll</p>	<p>5 <b>Bingo 9:30am-Bldg A</b></p> <p>Call for a Reservation <b>1 week in advance:</b> <b>(708) 687-8220</b> Same-day spots may be available</p>	<p>6</p> <p><b>LUNCH SERVED AT 12 NOON</b> to guests age 60+</p> <p><b>Café opens 11:15am</b></p>
<p>9</p> <p><b>Columbus Day</b></p> <p><b>No Lunch Today</b></p>	<p>10 10:30 Walk the Path</p> <p><b>Spaghetti &amp; Meatballs</b> Mixed Salad greens Multi-grain bread</p>	<p>11 <b>Mobility 11am, Bldg A</b></p> <p><b>Shaved Pork w/ Sauce</b> <b>Scalloped Potatoes</b> Brussels Sprouts Multi-grain bread</p>	<p>12 <b>Bingo 9:30am-Bldg A</b></p> <p><b>Baked Chicken &amp; gravy</b> Mashed potatoes Cauliflower</p> <p><i>Chat &amp; Color 12:30 Bldg C</i></p>	<p>13</p> <p><b>Save money and buy a 10- Lunch Punch Card</b> \$35 for 10 <b>= \$3.50 per Lunch!</b></p>
<p>16 <b>Getting Stronger 11am</b> Bldg A</p> <p><b>Hot Roast Beef</b> <b>Mashed potatoes/gravy</b></p> <p>Nutrition Speaker, 12:30: <b>Eat well for a Vibrant Life!</b></p>	<p>17 <b>"Casablanca"</b> Showing in Bldg A at 12:45</p> <p><b>BBQ Pork on Bun</b> <b>Oven Fries</b> Fruit &amp; more</p>	<p>18 <b>Mobility 11am, Bldg A</b></p> <p><b>Roast Turkey w/Sauce</b> Served over cheesy Rice Biscuit, Broccoli Oatmeal Cookie</p>	<p>19 <b>Bingo 9:30am-Bldg A</b></p> <p>No lunch today, <b>See you tomorrow!</b></p>	<p>20 <b>Italian Friday!</b></p> <p><b>Chicken Breast Parmesan</b> Penne Pasta, Marinara Wheat Vienna bread</p>
<p>23 <b>Getting Stronger 11am</b></p> <p><b>Bratwurst</b> Diced Potatoes Carrots, rye bread!</p>	<p>24 10:30 Walk the Path</p> <p><b>Chicken Chardonnay</b> Broccoli, mashed potatoes</p>	<p>25 <b>Mobility 11am, Bldg A</b></p> <p><b>Texas Chili</b> <i>So good</i> <b>Mac &amp; Cheese</b> <i>mixed</i> Veg, Bread &amp; more! <i>Together!</i></p>	<p>26 <b>Bingo 9:30am-Bldg A</b></p> <p><b>Veal Marsala</b> Scalloped Potatoes Stewed Tomatoes &amp; more</p> <p><i>Chat &amp; Color 12:30 Bldg C</i></p>	<p>27</p> <p>Choice of Milk or Juice Served with your Lunch!</p> <p><b>Coffee Included too!</b></p>
<p>30 <b>Getting Stronger 11am</b></p> <p><b>Slow Roasted Beef+Gravy!</b> Mashed Potatoes Brussels Sprouts &amp; more</p>	<p>31 <b>Halloween!</b></p> <p><b>Turkey Pot Roast /Gravy</b> Baked Potato + <i>Spooky Dessert</i></p>	<p><i>Please join our friendly Lunch Club!</i></p> <p>Dates &amp; meals subject to change</p>	<p>Your choice: 1% Milk or juice served with each meal</p> <p>Coffee included too!</p>	<p><b>Funded in Partnership w/ AgeOptions</b></p> <p>\$4.00 Donation Requested, but not required</p>

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