

# September 2024



**Evanston™**  
Parks & Recreation

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>2</b></p>	<p><b>3</b> ITALIAN SAUSAGE WITH MARINARA SCALLOPED POTATOES BRUSSEL SPROUTS WHEAT SAUSAGE BUN JUICE FRESH MELON</p>	<p><b>4</b> BBQ PULLED CHICKEN CHEESY MASHED POTATOES BROCCOLI WHEAT SANDWICH BUN CHILLED PEARS</p>	<p><b>5</b> DILLED TUNA SALAD LETTUCE AND TOMATO GARBANZO AND KIDNEY BEANS W/ SLIVERED CARROTS BALSAMIC WHEAT KAISER BANANA FRUIT CUP</p>	<p><b>6</b> CHICKEN MARBELLA RICE FLORENTINE COUNTRY BLEND WHOLE WHEAT BREAD WHOLE ORANGE</p>
<p><b>9</b> KIELBASA DILLED POTATOES BEAN CASSEROLE RYE BREAD FRUIT CUP *low sodium Italian pork</p>	<p><b>10</b> CHICKEN W/ GARDEN ROTINI PASTA SALAD MIXED SALAD GREENS HERBED TOMATO WEDGES MULTI GRAIN BREAD PINEAPPLE TID BITS CHEF CHOICE</p>	<p><b>11</b> EGGS LORRAINE POTATOES O'BRIEN FRUIT CUP BLUEBERRY MUFFIN WHOLE ORANGE</p>	<p><b>12</b> BAKED MEATLOAF W/ COUNTRY GRAVY MASHED POTATOES CARROTS AND CHIVES WHOLE WHEAT BREAD CHILLED PEACHES FRESH MELON</p>	<p><b>13</b> POTATO CRUSTED FISH FILET AU GRATIN POTATOES PEAS WHOLE WHEAT BREAD APPLESAUCE</p>
<p><b>16</b> MEATBALL MARINARA SUB SANDWICH POTATOES ITALIANO ITALIAN GREEN BEANS WHEAT FRENCH ROLL WHOLE ORANGE *lean beef patty marinara</p>	<p><b>17</b> SALISBURY STEAK MASHED POTATOES GRAVY CABBAGE AND CARROTS MULTI GRAIN BREAD MIXED FRUIT OATMEAL RAISIN COOKIE *diabetic sub</p>	<p><b>18</b> ROASTED TURKEY W/ WISCONSIN CHEDDAR WHEAT KAISER LETTUCE AND TOMATO PEA SALAD PINEAPPLE TID BITS</p>	<p><b>19</b> LEMON BASIL CHICKEN GARDEN VEGETABLES CORN AND BLACK BEANS MULTI GRAIN DINNER ROLL APPLE SAUCE BANANA</p>	<p><b>20</b> VEAL PARMESAN PENNE PASTA W/ MARINARA SAUCE BROCCOLI WHEAT VIENNA BREAD FRESH MELON</p>
<p><b>23</b> CHICKEN ALA ORANGE VEGETABLE RICE PILAF NORTHERN BEANS BRAN MUFFIN BREAD CHILLED PEACHES</p>	<p><b>24</b> FRENCH DIP OF BEEF W/ MUSHROOMS AND ONIONS OVEN FRIES CORN WHEAT FRENCH ROLL WHOLE APPLE CHEF CHOICE</p>	<p><b>25</b> CLASSIC LASAGNA W/ MEAT SAUCE SQUASH MEDLEY ITALIAN GREN BEANS WHOLE WHEAT BREAD CHILLED PEARS</p>	<p><b>26</b> SURIMI CRAB SALAD MIXED SALAD GREENS W/ TOMATO WEDGES DILLED CUCUMBERS APPLE CINNAMON MUFFIN FRUIT CUP</p>	<p><b>27</b> HOT DOG TWICE BAKE POTATO CASSE-ROLE PEAS AND CARROTS WHEAT HOT DOG BUN BANANA</p>
<p><b>30</b> ROAST PORK AND GRAVY AU GRATIN POTATOES PEAS AND CARROTS WHEAT BREAD WHOLE APPLE</p>		<p>The City of Evanston does not discriminate in admission to programs, activities or treatment of employment in programs or activities in compliance with the Illinois Human Rights Act; the US Civil Rights Act; Section 504 of the Rehabilitation Act; the Age Discrimination in Employment Act; and the US and Illinois Constitutions. If you feel you have been discriminated against, you have a right to file a complaint. Funds (in whole/part) for this publication were provided through an award from Age Options through grants from the Illinois Department on Aging and/or Administration on Aging, US Department of Health and Human Services under Title III of the Older Americans Act.</p>		