

April 2023



Evanston™
Parks & Recreation

Monday	Tuesday	Wednesday	Thursday	Friday
3 MEATBALL/MARINARA SUB-SANDWICH POTATOES ITALIANO ITALIAN GREEN BEANS WHEAT FRENCH ROLL WHOLE ORANGE	4 SALISBURY STEAK MASHED POTATOES & GRAVY CABBAGE & CARROTS MULTI-GRAIN BREAD MIXED FRUIT OATMEAL RAISIN COOKIE	5 ROASTED TURKEY BREAST & WISCONSIN CHEDDAR WHEAT KAISER LETTUCE & TOMATO PEA SALAD PINEAPPLE TID BITS	6 CHICKEN & MINI DUMPLINGS GARDEN VEGETABLES CORN & BLACK BEANS MULTI - GRAIN DINNER ROLL APPLE SAUCE BANANA	7 EGGPLANT PARMESAN PENNE PASTA MARINARA BROCCOLI WHEAT VIENNA BREAD FRESH MELON
10 CHICKEN ALA ORANGE VEGETABLE RICE PILAF BEAN SALAD WHEAT CRANBERRY BREAD HOT PEACH CRUMBLE	11 FRENCH DIP OF BEEF W/ MUSHROOMS & ONIONS OVEN FRIES CORN WHEAT FRENCH ROLL FRESH MELON CHEF CHOICE	12 CLASSIC LASAGNA W/ MEAT SAUCE SQUASH MEDLEY ITALIAN GREEN BEANS WHOLE WHEAT BREAD CHILLED PEARS	13 SURIMI CRAB SALAD MIXED SALAD GREENS W/ TOMATO WEDGES DILLED CUCUMBERS WHOLE WHEAT BREAD APPLE CRISP FRUIT CUP	14 HOT DOG TWICE BAKE POTATO CASSEROLE PEAS & CARROTS WHEAT HOT DOG BUN BANANA
17 BBQ RIBLET SWEET POTATO MASHED CHEF'S VEGETABLE WHEAT SANDWICH BUN STRAWBERRY YOGURT	18 HAMBURGER BEAN CASSEROLE MIXED VEGETABLE WHEAT SANDWICH BUN FRUIT SUNBURST FRESH MELON	19 BLT CHICKEN SALAD MIXED SALAD GREENS W/ TOMATO WEDGES TRI-BEAN SALAD CRACKERS MANDARIN ORANGES	20 SPAGHETTI & MEATBALLS W/ MARINARA SAUCE CAPRI BLEND VEGETABLES WHEAT VIENNA BREAD CHILLED PEARS	21 HERBED BAKED CHICKEN MASHED POTATOES/ GRAVY GREEN BEAN CASSEROLE BRAN MUFFIN BREAD WHOLE APPLE
24 BAKED MEATLOAF W/ COUNTRY GRAVY MASHED POTATOES STEWED TOMATOES WHOLE WHEAT BREAD WHOLE ORANGE	25 EGGS W/BISCUIT & GRAVY DICED HASH BROWNS APPLE COBBLER JUICE BANANA	26 SLOW ROASTED BEEF AU GRATIN POTATOES CARROTS & CHIVES MULTI - GRAIN DINNER ROLL MIXED FRUIT	27 ASIAN GLAZED CHICKEN CITRUS BROWN RICE ORIENTAL BLEND VEGETABLE GINGER BROCCOLI SALAD MULTI GRAIN BREAD MANDARIN ORANGE JELLO FORTUNE COOKIE	28 TURKEY PASTA SALAD W/SHELL RIGATE LETTUCE/ TOMATO TRI-BEAN SALAD WHOLE WHEAT BREAD PINEAPPLE TID BITS
<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 Old-Aged and Disabled Act.</p>				