

# August 2023



**Evanston™**  
Parks & Recreation

Monday	Tuesday	Wednesday	Thursday	Friday
	<p><b>1</b> CHICKEN W/ GARDEN ROTINI PASTA SALAD w/MIXED SALAD GREENS SHERBED TOMATO WEDGES MULTI-GRAIN BREAD PINEAPPLE TID BITS/CHEF CHOICE</p>	<p><b>2</b> SOUFFLE LORRAINE POTATOES O'BRIEN FRUIT CUP BLUEBERRY MUFFIN BREAD WHOLE ORANGE</p>	<p><b>3</b> BAKED MEATLOAF W/COUNTRY GRAVY MASHED POTATOES CARROTS &amp; CHIVES WHOLE WHEAT BREAD CHILLED PEACHES/FRESH MELON</p>	<p><b>4</b> POTATO CRUSTED FISH FILET AU GRATIN POTATOES COLE SLAW WHOLE WHEAT BREAD HOT APPLESAUCE</p>
<p><b>7</b> MEATBALL/MARINARA SUB SANDWICH POTATOES ITALIANO ITALIAN GREEN BEANS WHEAT FRENCH ROLL WHOLE ORANGE</p>	<p><b>8</b> SALISBURY STEAK MASHED POTATOES/ GRAVY CABBAGE &amp; CARROTS MULTI-GRAIN BREAD MIXED FRUIT OATMEAL RAISIN COOKIE</p>	<p><b>9</b> ROASTED TURKEY BREAST &amp; WISCONSIN CHEDDAR WHEAT KAISER LETTUCE &amp; TOMATO PEA SALAD PINEAPPLE TID BITS</p>	<p><b>10</b> CHICKEN &amp; MINI DUMPLINGS GARDEN VEGETABLES CORN &amp; BLACK BEANS MULTI - GRAIN DINNER ROLL APPLE SAUCE BANANA</p>	<p><b>11</b> VEAL PARMESAN PENNE PASTA W/ MARINARA SAUCE BROCCOLI WHEAT VIENNA BREAD FRESH MELON</p>
<p><b>14</b> CHICKEN ALA ORANGE VEGETABLE RICE PILAF BEAN SALAD WHEAT CRANBERRY BREAD HOT PEACH CRUMBLE</p>	<p><b>15</b> FRENCH DIP OF BEEF W/ MUSHROOMS &amp; ONIONS OVEN FRIES CORN WHEAT FRENCH ROLL FRESH MELON &amp; CHEF CHOICE</p>	<p><b>16</b> CLASSIC LASAGNA W/ MEAT SAUCE SQUASH MEDLEY ITALIAN GREEN BEANS WHOLE WHEAT BREAD CHILLED PEARS</p>	<p><b>17</b> SURIMI CRAB SALAD MIXED SALAD GREENS W/TOMATO WEDGES DILLED CUCUMBERS WHOLE WHEAT BREAD APPLE CRISP W/FRUIT CUP</p>	<p><b>18</b> HOT DOG TWICE BAKE POTATO CASSEROLE PEAS &amp; CARROTS WHEAT HOT DOG BUN BANANA</p>
<p><b>21</b> BBQ RIBLET SWEET POTATO MASHED CHEF'S VEGETABLE WHEAT SANDWICH BUN STRAWBERRY YOGURT</p>	<p><b>22</b> HAMBURGER BEAN CASSEROLE MIXED VEGETABLE WHEAT SANDWICH BUN FRUIT SUNBURST &amp; FRESH MELON</p>	<p><b>23</b> BLT CHICKEN SALAD MIXED SALAD GREENS W/ TOMATO WEDGES TRI-BEAN SALAD CRACKERS &amp; MANDARIN ORANGES</p>	<p><b>24</b> SPAGHETTI &amp; MEATBALLS W/ MARINARA SAUCE CAPRI BLEND VEGETABLES WHEAT VIENNA BREAD CHILLED PEARS</p>	<p><b>25</b> HERBED BAKED CHICKEN MASHED POTATOES/ GRAVY GREEN BEAN CASSEROLE BRAN MUFFIN BREAD WHOLE APPLE</p>
<p><b>28</b> BAKED MEATLOAF W/COUNTRY GRAVY W/ MASHED POTATOES STEWED TOMATOES WHOLE WHEAT BREAD WHOLE ORANGE</p>	<p><b>29</b> EGGS W/BISCUIT &amp; GRAVY DICED HASH BROWNS APPLE COBBLER JUICE BANANA</p>	<p><b>30</b> SLOW ROASTED BEEF AU GRATIN POTATOES CARROTS &amp; CHIVES MULTI - GRAIN DINNER ROLL MIXED FRUIT</p>	<p><b>31</b> ASIAN GLAZED CHICKEN CITRUS BROWN RICE ORIENTAL BLEND VEGETABLE GINGER BROCCOLI SALAD MULTI GRAIN BREAD MANDARIN ORANGE JELLO FORTUNE COOKIE</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>