

# October 2023



**Evanston™**  
Parks & Recreation

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 ROAST PORK &amp; GRAVY AU GRATIN POTATOES PEAS &amp; CARROTS WHEAT BREAD WHOLE APPLE</p>	<p>3 CHEDDAR BROCCOLI CHICKEN RICE CASSEROLE CAULIFLOWER WHOLE WHEAT ROLL PEAR &amp; CRANBERRY CRUMBLE PEA SALAD</p>	<p>4 SALISBURY STEAK/GRAVY MASHED POTATOES CORN MULTI-GRAIN DINNER ROLL PINEAPPLE TIDBITS</p>	<p>5 HOT DOG OVEN FRIES BEAN CASSEROLE WHEAT HOT DOG BUN BANANA FRESH MELON</p>	<p>6 CLASSIC LASAGNA W/ MEAT SAUCE BROCCOLO CHEF'S CHOICE VEGETABLE WHEAT BREAD OATMEAL RAISIN COOKIE *DIABETIC SUB</p>
<p>9 ROAST TURKEY &amp; GRAVY BAKED SWEET POTATOES MIXED VEGETABLES BREAD STUFFING CHEF'S FRUIT</p>	<p>10 SPAGHETTI &amp; MEATBALL MARI-NARA MIXED SALAD GREENS MULTI-GRAIN BREAD WARM PEACH COBBLER FRUIT CUP *MEATSAUCE</p>	<p>11 SHAVED PORK W/ MEDITERRANEAN SAUCE SCALLOPED POTATOES BRUSSEL SPROUTS MULTI-GRAIN BREAD APPLE SAUCE</p>	<p>12 BAKED CHICKEN &amp; GRAVY MASHED POTATOES CAULIFLOWER &amp; RED PEPPERS WHEAT BREAD MANDARIN ORANGES CHEF'S CHOICE</p>	<p>13 CITRUS ALASKAN POLLOCK VEGETABLE RICE PILAF COUNTRY BLEND VEGETABLE MULTI-GRAIN DINNER ROLL CHICK PEA SALAD FRESH MELON</p>
<p>16 HOT ROAST BEEF MASHED POTATOES &amp; GRAVY PEAS &amp; CARROTS WHEAT BREAD FRESH ORANGE</p>	<p>17 BBQ RIBLET OVEN FRIES BLACK BEANS &amp; CORN WHEAT SANDWICH BUN WHOLE APPLE CHEF'S CHOICE</p>	<p>18 ROAST TURKEY W/ CHEDDAR ALE SAUCE VEGETABLE RICE PILAF BROCCOLI, BISCUIT, CHEF'S FRUIT OATMEAL RAISIN COOKIE *DIABETIC SUB</p>	<p><b>19 BREAKFAST</b> WESTERN EGGS HASH BROWNED POTATOES MAPLE GLAZED PEARS RAISIN BREAD VRANBERRY JUICE BANANA</p>	<p>20 CHICKEN BREAST PARMESAN PENNE PASTA/MARINARA SQUASH MEDLEY WHEAT VIENNA CHILLED PEACHES</p>
<p>23 SLICED BAVARAIN STYLE BRAT-WURST DICED PARSLIED POTATOES CARROTS RYE BREAD FRESH MELON</p>	<p>24 CHICKEN CHARDONAY MASHED POTATOES BROCCOLO MULTI-GRAIN BREAD FRESH ORANGE CHOCOLATE PUDDING *DIABETIC SUB</p>	<p>25 TEXAS CHILI MAC &amp; CHEESE COUNTRY BLEND VEGATABLE MULTI-GRAIN BREAD FRUIT CUP</p>	<p>26 VEAL MARSALA SCALLOPED POTATOES STEWED TOMATOES MULTI-GRAIN BREAD CHILLED PEARS BEET SALAD</p>	<p>27 BAKED POLLOCK W/ LEMON BUTTER SAUCE BAKED POTATO CALIFORNIA BLEND WHEAT BREAD VANILLA MANDARIN PUDDING *DIABETIC SUB</p>
<p>30 SLOW ROASTED BEEF/GRAVY MASHED POTATOES BRUSSEL SPROUTS MULTI-GRAIN BREAD CHILLED PEARS COOKIE *DIABETIC SUB</p>	<p>31 TURKEY POT ROAST/GRAVY BAKED POTATO PEAS &amp; CARROTS MULTI GRAIN BREAD CHEF'S FRUIT BANANA</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>	