



November 2023



Evanston™
Parks & Recreation

Monday	Tuesday	Wednesday	Thursday	Friday
<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>				
		<p>1 SPAGHETTI & MEATBALL MARINARA BROCCOLI WHEAT VIENNA CHILLED PEACHES</p>	<p>2 CHICKEN TENDERS IN COUNTRY CHICKEN GRAVY BREAD STUFFING SWEET POTATO MASHED NORTHERN BEAN & TOMATO MEDLEY CRAN APPLESauce & PEA SALAD</p>	<p>3 SURIMI CRAB ALFREDO w/ PENNE PASTA ZUCCHINI W RED PEPPERS & ONIONS CHEF'S CHOICE VEGETABLE MULTI-GRAIN DINNER ROLL FRUIT CUP</p>
<p>6 BAKED MEATLOAF W/COUNTRY GRAVY CAULIFLOWER MASHED POTATOES MIXED VEGETABLES WHOLE WHEAT ROLL PINEAPPLE TID BITS</p>	<p>7 BBQ PULLED PORK OVEN FRIES CARROT RAISIN SALAD WHEAT SANDWICH BUN WARM APPLE CRUMBLE CHEF'S CHOICE</p>	<p>8 MAPLE MUSTARD GLAZED CHICKEN THIGH SCALLOPED POTATOES BAKED BEAN CASSEROLE WHEAT BREAD FRUIT JELLO</p>	<p>9 CHEESE OMELETTE HASH BROWNED POTATOES WHOLE WHEAT BISCUIT APPLE JUICE FRUIT YOGURT FRESH ORANGE</p>	<p>10 SWEDISH MEATBALLS/GRAVY MASHED POTATOES BROCCOLI MULTI GRAIN BREAD FRESH MELON</p>
<p>13 ROAST PORK & GRAVY AU GRATIN POTATOES PEAS & CARROTS WHEAT BREAD WHOLE APPLE</p>	<p>14 CHEDDAR BROCCOLI CHICKEN RICE CASSEROLE W/CAULIFLOWER &WHOLE WHEAT ROLL WARM PEAR AND CRANBERRY CRUMBLE PEA SALAD</p>	<p>15 SALISBURY STEAK/GRAVY MASHED POTATOES CORN MULTI-GRAIN DINNER ROLL PINEAPPLE TIDBITS</p>	<p>16 HOT DOG OVEN FRIES BEAN CASSEROLE WHEAT HOT DOG BUN BANANA</p>	<p>17 CLASSIC LASAGNA W/MEAT SAUCE BROCCOLI CHEF'S CHOICE VEGETABLE WHEAT BREAD OATMEAL RAISIN COOKIE</p>
<p>20 HOLIDAY MENU ROAST TURKEY & GRAVY BAKED SWEET POTATOES GREEN BEAN CASSEROLE BREAD STUFFING DESSERT</p>	<p>21 SPAGHETTI & MEATBALL MARINARA- MIXED SALAD GREENS MULTI GRAIN BREAD WARM PEACH COBBLER FRUIT CUP</p>	<p>22 SHAVED PORK W/ MEDITERRANEAN SAUCE SCALLOPED POTATOES BRUSSELS SPROUTS MULTI GRAIN BREAD APPLE SAUCE</p>	<p>23 </p>	<p>24 </p>
<p>27 HOT ROAST BEEF MASHED POTATOES/GRAVY PEAS & CARROTS WHEAT BREAD FRESH ORANGE</p>	<p>28 BBQ RIBLET OVEN FRIES BLACK BEANS & CORN WHEAT SANDWICH BUN WHOLE APPLE CHEF'S CHOICE</p>	<p>29 ROAST TURKEY W/CHEDDAR ALE SAUCE VEGETABLE RICE PILAF BROCCOLI BISCUIT & CHEF'S FRUIT OATMEAL RAISIN COOKIE</p>	<p>30 WESTERN EGGS HASH BROWNED POTATOES MAPLE GLAZED PEARS RAISIN BREAD CRANBERRY JUICE BANANA</p>	