

January 2024



Evanston™
Parks & Recreation

Monday	Tuesday	Wednesday	Thursday	Friday
1 Closed for New Years	2 SPAGHETTI & MEATBALL MARINARA MIXED SALAD GREENS MULTI GRAIN BREAD WARM PEACH COBBLER	3 SHAVED PORK W/ MEDITERRANEAN SAUCE SCALLOPED POTATOES BRUSSELS SPROUTS MULTI GRAIN BREAD. Apple Sauce	4 BAKED CHICKEN & GRAVY MASHED POTATOES CAULIFLOWER & RED PEPPERS WHEAT BREAD MANDARIN ORANGES	5 CITRUS ALASKAN POLLOCK VEGETABLE RICE PILAF COUNTRY BLEND VEGETABLE MULTI GRAIN DINNER ROLL CHICK PEA SALAD. Fresh Melon FRESH MELON
8 HOT ROAST BEEF MASHED POTATOES/GRAVY PEAS & CARROTS WHEAT BREAD FRESH ORANGE	9 BBQ RIBLET OVEN FRIES BLACK BEANS & CORN WHEAT SANDWICH BUN WHOLE APPLE CHEF'S CHOICE	10 ROAST TURKEY W/ CHEDDAR ALE SAUCE VEGETABLE RICE PILAF BROCCOLI. BISCUIT CHEF'S FRUIT. OATMEAL RAISIN COOKIE. *diabetic sub	11 BREAKFAST WESTERN EGGS HASH BROWNED POTATOES MAPLE GLAZED PEARS RAISIN BREAD CRANBERRY JUICE BANANA	12 CHICKEN BREAST PARMESAN PENNE PASTA / MARINARA SQUASH MEDLEY WHEAT VIENNA CHILLED PEACHES
15 Closed for Martin Luther King Jr Day	16 CHICKEN CHARDONNAY MASHED POTATOES BROCCOLI MULTI GRAIN BREAD. FRESH ORANGE	17 TEXAS CHILI MAC & CHEESE COUNTRY BLEND VEGETABLE MULTI GRAIN BREAD FRUIT CUP	18 VEAL MARSALA SCALLOPED POTATOES STEWED TOMATOES MULTI GRAIN BREAD CHILLED PEARS	19 *DIABETIC SUB BAKED POLLOCK W/ LEMON BUTTER SAUCE BAKED POTATO CALIFORNIA BLEND WHEAT BREAD VANILLA MANDARIN PUDDING
22 SLOW ROASTED BEEF/GRAVY MASHED POTATOES BRUSSELS SPROUTS MULTI GRAIN BREAD CHILLED PEARS COOKIE. *DIABETIC SUB	23 TURKEY POT ROAST/GRAVY BAKED POTATO PEAS & CARROTS MULTI GRAIN BREAD CHEF'S FRUIT BANANA	24 SPAGHETTI & MEATBALL MARINARA BROCCOLI WHEAT VIENNA CHILLED PEACHES *meatsauce	25 CHICKEN TENDERS IN COUNTRY CHICKEN GRAVY BREAD STUFFING SWEET POTATO MASHED NORTHERN BEAN & TOMATO MEDLEY CRAN APPLESauce	26 SURIMI CRAB ALFREDO PENNE PASTA ZUCCHINI W RED PEPPERS & ONIONS CHEF'S CHOICE VEGETABLE MULTI-GRAIN DINNER ROLL FRUIT CUP
29 BAKED MEATLOAF W/ COUNTRY GRAVY CAULIFLOWER MASHED POTATOES MIXED VEGETABLES WHOLE WHEAT ROLL PINEAPPLE TID BITS	30 BBQ PULLED PORK OVEN FRIES CARROT RAISIN SALAD WHEAT SANDWICH BUN WARM APPLE CRUMBLE CHEF'S CHOICE	31 MAPLE MUSTARD GLAZED CHICKEN THIGH SCALLOPED POTATOES BAKED BEAN CASSEROLE WHEAT BREAD FRUIT JELLO *diabetic sub	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.	