

March 2024



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 Baked Pollock w/ Lemon Butter Sauce Baked Potato California Blend Wheat Bread Vanilla Mandarin Pudding *Diabetic Sub</p>
<p>4 Slow Roasted Beef/Gravy Mashed Potatoes Brussell Sprouts Multi Grain Bread Chilled Pears * Diabetic Sub</p>	<p>5 Turkey Pot Roast/Gravy Baked Potato Peas & Carrots Multi Grain Bread Chefs Fruit Banana</p>	<p>6 Spaghetti & Meatball Marinara Broccoli Wheat Vienna Chilled Peaches *Meatsauce</p>	<p>7 Chicken Tenders & Country Chicken Gravy Bread Stuffing Sweet Potato Mashed Northern Bean & Tomato Medley Cran Apple Sauce. Pea Salad</p>	<p>8 Surimi Crab Alfredo Penne Pasta Zucchini w/ Red Peppers & Onions Chefs Choice Vegetable Multi Grain dinner roll Fruit Cup</p>
<p>11 Baked Meatloaf W/ Country Gravy Cauliflower Mashed Potatoes Mixed Vegetables Whole Wheat Roll Pineapple Tid bits</p>	<p>12 BBQ PULLED PORK OVEN FRIES CARROT RAISIN SALAD WHEAT SANDWICH BUN WARM APPLE CRUMBLE CHEF'S CHOICE</p>	<p>13 BBQ Chicken Thigh Scalloped Potatoes Baked Bean Casserole Wheat Bread Fruit Jello * Diabetic Sub</p>	<p>14 SWEDISH MEATBALLS W/GRAVY MASHED POTATOES BROCCOLI MULTI GRAIN BREAD FRESH MELON</p>	<p>15 Cheese Omelette Hash Browned Potatoes Whole Wheat Biscuit Apple Juice Fruit Yogurt Fresh Orange</p>
<p>18 Roast Pork & Gravy Au Gratin Potatoes Peas & Carrots Wheat bread Whole Apple</p>	<p>19 Cheddar Broccoli Chicken Casse- role Cauliflower Whole Wheat Roll Warm Pear & Cranberry Crumble Pea Salad</p>	<p>20 Salisbury Steak/Gravy Mashed Potatoes Corn Multi Grain Dinner Roll Pineapple Tid Bits</p>	<p>21 Hot Dog Over Fries Bean Casserole Wheat Hot Dog Bun Banana Fresh Melon</p>	<p>22 Classic Lasagna w/ Marinara Sauce Broccoli Chefs Choice Vegetable Wheat Bread Oatmeal Rasin Cookie * Diabetic Sub</p>
<p>25 Roast Turkey & Gravy Baked Sweet Potatoes Mixed Vegetables Bread Stuffing Chef's Fruit</p>	<p>26 Spaghetti & Meatball Marinara Mixed Salad Greens Multi Grain Bread Warm Peach Cobbler Fruit Cup *Meat Sauce</p>	<p>27 Shaved Pork w/ Mediterranean Sauce Scalloped Potatoes Brussel Sprouts Multi Grain Bread Apple Sauce</p>	<p>28 Baked Chicken & Gravy Mashed Potatoes Cauliflower & Red Pepper Wheat Bread Mandarin Oranges Chef's Choice</p>	<p>29 Citrus Alaskan Pollock Vegetable Rice Pilaf Country Blend Vegetable Chick Pea Salad Fresh Melon</p>