

# August 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 MEATLOAF W/ COUNTRY GRAVY MASHED POTATOES CARROTS AND CHIVES WHOLE WHEAT BREAD CHILLED PEACHES FRESH MELON</p>	<p>2 POTATO CRUSTED FISH FILET AU GRATIN POTATOES PEAS WHOLE WHEAT BREAD APPLESAUCE *diced potatoes</p>
<p>5 MEATBALL MARINARA SUB SANDWICH POTATOES ITALIANO ITALIAN GREEN BEANS WHEAT FRENCH ROLL WHOLE ORANGE *lean beef patty marinara</p>	<p>6 SALISBURY STEAK MASHED POTATOES/ GRAVY CABBAGE AND CARROTS MULTI GRAIN BREAD MIXED FRUIT OATMEAL RAISIN COOKIE *diabetic sub</p>	<p>7 ROASTED TURKEY BREAST AND WISCONSIN CHEDDAR WHEAT KAISER LETTUCE AND TOMATO PEA SALAD PINEAPPLE TID BITS</p>	<p>8 LEMON BASIL CHICKEN GARDEN VEGETABLES CORN AND BLACK BEANS MULTI GRAIN DINNER ROLL APPLE SAUCE BANANA</p>	<p>9 VEAL PARMESAN PENNIE PASTA W/ MARINARA SAUCE BROCCOLI WHEAT VIENNA BREAD FRESH MELON</p>
<p>12 CHICEKN ALA ORANGE VEGETABLE RICE PILAF NORTHERN BEANS BRAN MUFFIN BREAD CHILLED PEACHES</p>	<p>13 FRENCH DIP OF BEEF W/ MUSHROOMS AND ONIONS OVEN FRIES CORN WHEAT FRENCH ROLL WHOLE APPLE CHEF CHOICE</p>	<p>14 CLASSIC LASAGNA W/ MEAT SAUCE SQUASH MEDLEY ITALIAN GREEN BEANS WHOLE WHEAT BREAD CHILLED PEARS</p>	<p>15 SURIMI CRAB SALAD MIXED SALAD GREENS W/ TOMATO WEDGES CILLED CUCUMBERS APPLE CINNAMON MUFFIN FRUIT CUP *diabetic sub</p>	<p>16 HOT DOG TWICE BAKE POTATO CASSE-ROLE OEAS AND CARROTS WHEAT HOT DOG BUN BANANA *pulled pork w/ light bbq sauce</p>
<p>19 BBQ RIBLET SWEET POTATO MASHED CHEFS VEGETABLE WHEAT SANDWICH BUN STRAWBERRY YOGURT *low sodium sauce</p>	<p>20 HAMBURGER BEAN CASSEROLE MIXED VEGETABLE WHEAT SANDWICH BUN FRUIT SUNBURST FRESH MELON *white beans</p>	<p>21 BLT CHICKEN SALAD MIXED SALAD GREENS W/ TOMATO WEDGES TRI BEAN SALAD CORN BREAD MANDARIN ORANGES *no bacon</p>	<p>22 SPAGHETTI AND MEATBALLS W/ MARINARA SAUCE CAPRI BLEND VEGETABLES WHEAT VIENNA BREAD CHILLED PEARS *meatsauce</p>	<p>23 HERBED BAKED CHICKEN MASHED POTATOES/ GRAVY GREEN BEAN CASSEROLE BRAN MUFFIN BREAD WHOLE APPLE</p>
<p>26 BAKED MEATLOAF W/ COUNTRY GRAVY MASHED POTATOES STEWED TOMATOES WHOLE WHEAT BREAD WHOLE ORANGE</p>	<p>27 EGGS W/ BISCUIT AND GRAVY DICED HASH BROWNS APPLE COBBLER JUICE BANANA</p>	<p>28 SLOW ROASTED BEEF AU GRATIN POTATOES CARROTS AND CHIVES MULTI GRAIN DINNER ROLL MIXED FRUIT</p>	<p>29 ASIAN GLAZED CHICKEN CITRUS BROWN RICE LETTUCE/TOMATO BROCCOLI MULTI GRAIN BREAD MANDARIN ORANGE JELLO FORTUNE COOKIE *diabetic sub</p>	<p>30 TURKEY PASTA SALAD W/ SHELL RIGATE LETTUCE/TOMATO BROCCOLI TRI BEAN SALAD WHOLE WHEAT BREAD PINEAPPLE TID BITS</p>