

Monday–Friday, 11:30 a.m.–1:30 p.m. • LOCATION: Ethical Humanist Society, 7574 N. Lincoln Avenue, Skokie

JULY 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 Sitcom Monday</p> <ul style="list-style-type: none"> • Chicken a la Orange • Vegetable Rice • Green Bean Salad • Wheat Cranberry Bread • Hot Peach Crumble 	<p>3 Chair Yoga Blood Pressure Screening</p> <ul style="list-style-type: none"> • French Dip Beef • Barley & Vegetables • Harvard Beets • Fresh Melon 	<p>4 CLOSED <i>Happy Independence Day</i></p> 	<p>5 Zumba Gold</p> <ul style="list-style-type: none"> • Lasagna • Squash Medley • Italian Green Beans • Mixed Fruit • Garlic Bread & Cookie 	<p>6 Film Friday</p> <ul style="list-style-type: none"> • All-Beef Hot Dog • Potato Casserole • Peas & Carrots • Banana
<p>9 Sitcom Monday</p> <ul style="list-style-type: none"> • Roast Chicken • Mashed Potatoes • Vegetables • Strawberry Yogurt 	<p>10 Chair Yoga Blood Pressure Screening</p> <ul style="list-style-type: none"> • Hamburger • Baked Beans • Mixed Vegetables • Melon 	<p>11 Simply Strong</p> <ul style="list-style-type: none"> • Chicken Salad • Mixed Salad Greens • Three Bean Salad • Ambrosia Custard 	<p>12 Zumba Gold</p> <ul style="list-style-type: none"> • Spaghetti & Meatballs • Vegetable Blend • Broccoli Salad • Chilled Pears 	<p>13 Film Friday</p> <ul style="list-style-type: none"> • Herbed Baked Chicken • Mashed Potatoes • Green Bean Casserole • Bran Muffin Bread • Fresh Melon
<p>16 Game Show Party</p> <ul style="list-style-type: none"> • Meatloaf w/Gravy • Mashed Potatoes • Stewed Tomatoes • Whole Orange 	<p>17 Chair Yoga</p> <ul style="list-style-type: none"> • Enchilada Breakfast Casserole • Diced Hash Browns • Peach Cobbler • Banana & Juice 	<p>18 CLOSED ALL-EMPLOYEE MEETING</p>	<p>19 Zumba Gold</p> <ul style="list-style-type: none"> • Chicken Booyah • Mashed Potatoes • Spiced Apples • Pea Salad 	<p>20 Film Friday</p> <ul style="list-style-type: none"> • Turkey Pasta Salad • Tri-Bean Salad • Pineapple Tidbits
<p>23 Karaoke</p> <ul style="list-style-type: none"> • BBQ Chicken Sandwich • Baked Potato • Parslied Cauliflower • Mixed Fruit 	<p>24 Chair Yoga Blood Pressure Screening</p> <ul style="list-style-type: none"> • Chicken w/ Marinara • Scalloped Potatoes • Brussels Sprouts • Fresh Melon & Juice 	<p>25 Handmade Crafts Aerobics</p> <ul style="list-style-type: none"> • Jambalaya • Brown Rice & Red Peppers • Broccoli & Corn Bread • Chilled Pears 	<p>26 Zumba Gold</p> <ul style="list-style-type: none"> • Tuna Salad • Garbanzo & Kidney Bean Salad • Chilled Peaches • Fresh Melon 	<p>27 @ Skokie Library</p> <ul style="list-style-type: none"> • Chicken Fajitas • Corn and Red Peppers • Spanish Rice • Refried Beans • Fresh Fruit Salad
<p>30 Sitcom Monday</p> <ul style="list-style-type: none"> • Roast Chicken • Baby Red Potatoes • Red Cabbage & Apples • Mixed Fruit 	<p>31 Chair Yoga Blood Pressure Screening</p> <ul style="list-style-type: none"> • Orzo Chicken Salad • Mixed Salad Greens • Herbed Tomato Wedges • Pineapple Tidbits 	<p>1 AUGUST Wii Games & Aerobics</p> <ul style="list-style-type: none"> • Egg & Cheese Calzone • Potato Hash • Mixed Fruit & Corn Bread • Fresh Orange 	<p>2 AUGUST Zumba Gold</p> <ul style="list-style-type: none"> • Meatloaf • Mashed Potatoes • Peas & Carrots • Mixed Fruit & Banana 	<p>3 AUGUST Film Friday</p> <ul style="list-style-type: none"> • Potato-Crusted Fish • Au Gratin Potatoes • Cole Slaw • Warm Applesauce

Menu subject to change.