

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

MARCH 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>25 FEBRUARY</b> <b>Board Games</b> <ul style="list-style-type: none"> <li>• Chicken w/Cabbage</li> <li>• Parslied Potatoes</li> <li>• Carrots</li> <li>• Melon</li> </ul>	<b>26 FEBRUARY</b> <b>Chair Yoga</b> <b>Blood Pressure Screening</b> <ul style="list-style-type: none"> <li>• Chicken Chardonnay</li> <li>• Mashed Potatoes</li> <li>• Peas &amp; Carrots</li> <li>• Pineapple Orange</li> </ul>	<b>27 FEBRUARY</b> <b>Wii Games</b> <ul style="list-style-type: none"> <li>• Chili</li> <li>• Macaroni &amp; Cheese</li> <li>• Vegetable Blend</li> <li>• Corn Bread</li> </ul>	<b>28 FEBRUARY</b> <b>Zumba Gold</b> <ul style="list-style-type: none"> <li>• Hamburger</li> <li>• Cheese Soup</li> <li>• Melon</li> <li>• Coleslaw</li> </ul>	<b>1 Film Friday</b> <ul style="list-style-type: none"> <li>• Potato-Crusted Fish</li> <li>• Baked Potato</li> <li>• Vegetable Blend</li> <li>• Lemon Mandarin Pudding</li> </ul>
<b>4 The Challenge of Change</b> <ul style="list-style-type: none"> <li>• Roast Beef</li> <li>• Mashed Potatoes</li> <li>• Brussels Sprouts</li> <li>• Chilled Pears &amp; Cookie</li> </ul>	<b>5 Chair Yoga</b> <ul style="list-style-type: none"> <li>• Tukey and Spinach Roll-Up</li> <li>• Bean Soup</li> <li>• Banana &amp; Melon</li> </ul>	<b>6 *NEW* Pokeno</b> <ul style="list-style-type: none"> <li>• Marinara Lasagna</li> <li>• Vegetables</li> <li>• Three-Bean Salad</li> <li>• Chilled Peaches</li> </ul>	<b>7 Zumba Gold</b> <ul style="list-style-type: none"> <li>• Chicken Breast Tenders</li> <li>• Bread Stuffing</li> <li>• Mashed Sweet Potatoes</li> <li>• Vegetable Blend</li> <li>• Cranberry Applesauce</li> </ul>	<b>8 Film Friday</b> <ul style="list-style-type: none"> <li>• Cheese Ravioli</li> <li>• Zucchini</li> <li>• Italian Green Beans</li> <li>• Mixed Fruit</li> <li>• Cookie</li> </ul>
<b>11 Karaoke</b> <ul style="list-style-type: none"> <li>• Meatloaf</li> <li>• Mashed Potatoes</li> <li>• Peas &amp; Onions</li> <li>• Pineapple Tidbits</li> </ul>	<b>12 Chair Yoga</b> <b>Blood Pressure Screening</b> <ul style="list-style-type: none"> <li>• Caprese Pasta Salad w/Grilled Chicken</li> <li>• Split Pea Soup</li> <li>• Carrot Raisin Salad</li> <li>• Fruit</li> </ul>	<b>13 Why Does a Walnut Look Like a Brain?</b> <ul style="list-style-type: none"> <li>• BBQ Chicken Thigh</li> <li>• Oven Fries</li> <li>• Green Bean &amp; Onions</li> <li>• Fruit Jell-O</li> </ul>	<b>14 Zumba Gold</b> <ul style="list-style-type: none"> <li>• Cheese Omelet</li> <li>• Biscuit &amp; Gravy</li> <li>• Fruit Yogurt</li> <li>• Fresh Orange</li> <li>• Apple Juice</li> </ul>	<b>15 Film Friday</b> <ul style="list-style-type: none"> <li>• Irish Stew </li> <li>• Whole Potatoes</li> <li>• Steamed Cabbage</li> <li>• Pistachio Pudding</li> </ul>
<b>18 Game Show Party</b> <ul style="list-style-type: none"> <li>• Roast Chicken</li> <li>• Au Gratin Potatoes</li> <li>• Peas &amp; Carrots</li> <li>• Pumpkin Bar</li> </ul>	<b>19 Chair Yoga</b> <ul style="list-style-type: none"> <li>• Hamburger</li> <li>• Tomato Soup</li> <li>• Pea Salad</li> <li>• Pears &amp; Cranberries</li> </ul>	<b>20 Simple Crafts Aerobics</b> <ul style="list-style-type: none"> <li>• Salisbury Steak</li> <li>• Mashed Potatoes</li> <li>• Beets</li> <li>• Pineapple Tidbits</li> </ul>	<b>21 Zumba Gold</b> <ul style="list-style-type: none"> <li>• Hot Dog</li> <li>• Oven Fries</li> <li>• Vegetable Blend</li> <li>• Banana &amp; Melon</li> </ul>	<b>22 @ Skokie Library</b> <ul style="list-style-type: none"> <li>• Canadian Pollock</li> <li>• Au Gratin Potatoes</li> <li>• Coleslaw</li> <li>• Fresh Melon Salad</li> </ul>
<b>25 Board Games</b> <ul style="list-style-type: none"> <li>• Roast Turkey</li> <li>• Sweet Potatoes</li> <li>• Mixed Vegetables</li> <li>• Bread Stuffing</li> <li>• Fruit</li> </ul>	<b>26 Chair Yoga</b> <b>Blood Pressure Screening</b> <ul style="list-style-type: none"> <li>• Chicken Cesar Salad</li> <li>• Minestrone Soup</li> <li>• Fruit Custard</li> <li>• Ranger Cookie</li> </ul>	<b>27 Wii Games</b> <ul style="list-style-type: none"> <li>• Spaghetti &amp; Meatballs</li> <li>• Salad Greens</li> <li>• Chickpeas</li> <li>• Peach Cobbler</li> </ul>	<b>28 Zumba Gold</b> <ul style="list-style-type: none"> <li>• Tuna Salad</li> <li>• Spinach Salad</li> <li>• Cream of Broccoli Soup</li> <li>• Tri-Bean Salad</li> <li>• Mandarin Oranges</li> </ul>	<b>29 Film Friday</b> <ul style="list-style-type: none"> <li>• Alaskan Pollock</li> <li>• Vegetable Rice Pilaf</li> <li>• Bean &amp; Tomato Medley</li> <li>• Mixed Salad Greens</li> <li>• Melon</li> </ul>

Menu subject to change.