

Come for lunch, stay for fun!

Monday—Friday, 11:30 a.m.—1:30 p.m. 7574 N. Lincoln Avenue, Skokie (Inside the Ethical Humanist Society)

JUNE 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3 Wii Games</p> <ul style="list-style-type: none"> • Meatloaf with Gravy • Mashed Potatoes • Stewed Tomatoes • Whole Orange 	<p>4 Chair Yoga</p> <ul style="list-style-type: none"> • Grilled Chicken • Mixed Salad Greens • Black Bean Soup • Banana 	<p>5</p> <p style="text-align: center;">CLOSED</p> <p style="text-align: center;">ALL-EMPLOYEE MEETING</p>	<p>6 Zumba Gold</p> <ul style="list-style-type: none"> • Lemon Chicken Salad w/ Cranberries • Cabbage & Bean Soup • Spiced Apples • Pea Salad 	<p>7 Film Friday</p> <ul style="list-style-type: none"> • Tukey Pasta Salad • Lettuce & Tomato • Tri-Bean Salad • Pineapple Tidbits
<p>10 Oral Health Presentation</p> <ul style="list-style-type: none"> • BBQ Chicken • Baked Potato • Parslied Cauliflower • Mixed Fruit 	<p>11 Chair Yoga Blood Pressure Screening</p> <ul style="list-style-type: none"> • Turkey & Spinach Wrap • Red Pepper Aioli • Bean Soup • Melon & Juice 	<p>12 10 Healthy Habits & Cardio Burst</p> <ul style="list-style-type: none"> • Jambalya • Brown Rice with Red Peppers • Broccoli & Corn Bread • Chilled Pears 	<p>13 Zumba Gold</p> <ul style="list-style-type: none"> • Tuna Salad Sandwich • Garbanzo & Kidney Beans • Chilled Peaches • Melon 	<p>14 Film Friday</p> <ul style="list-style-type: none"> • Chicken Marbella • Rice Florentine • Vegetable Blend • Whole Orange
<p>17 Game Show Party</p> <ul style="list-style-type: none"> • Roast Chicken • Dilled Baby Red Potatoes • Bean Casserole • Mixed Fruit 	<p>18 Chair Yoga</p> <ul style="list-style-type: none"> • Grilled Chicken Strips • Mixed Salad Greens • Orzo Pasta Salad • Pineapple Tidbits 	<p>19 Cardio Burst</p> <ul style="list-style-type: none"> • Spinach & Swiss Souffle • Diced Potato Hash Browns • Mixed Fruit • Corn Bread • Whole Orange 	<p>20 Zumba Gold</p> <ul style="list-style-type: none"> • Julienne Turkey Salad • Vegetable Soup • Mixed Fruit • Banana 	<p>21 Film Friday</p> <ul style="list-style-type: none"> • Potato-Crusted Fish Fillet • Au Gratin Potatoes • Coleslaw • Warm Applesauce
<p>24 Wellness Jeopardy</p> <ul style="list-style-type: none"> • Meatball Sub Sandwich • Potatoes Italiano • Italian Green Beans • Whole Orange 	<p>25 Chair Yoga Blood Pressure Screening</p> <ul style="list-style-type: none"> • Parmesan Tuna Salad Sliders • Tomato Soup • Potato Salad • Whole Apple 	<p>26 Cardio Burst</p> <ul style="list-style-type: none"> • Turkey Club Sandwich • Lettuce & Tomato • Pea Salad • Pineapple Tidbits 	<p>27 Zumba Gold</p> <ul style="list-style-type: none"> • Broccoli Quiche • Cream of Mushroom & Barley Soup • Beet Salad & Banana 	<p>28 Skokie Public Library</p> <ul style="list-style-type: none"> • Baked Chicken • Mashed Potatoes • Corn • Watermelon
<p>1 JULY</p> <p style="text-align: center;">Sitcom Monday</p> <ul style="list-style-type: none"> • Chicken ala Orange • Vegetable Rice Pilaf • Bean Salad • Hot Peach Crumble 	<p>2 JULY</p> <p style="text-align: center;">Chair Yoga</p> <ul style="list-style-type: none"> • French Dip Beef Sandwich • Oven Fries • Harvard Beets • Melon 	<p>3 JULY</p> <p style="text-align: center;">Cardio Burst</p> <ul style="list-style-type: none"> • Lasagna with Meat Sauce • Squash Medley • Italian Green Beans • Oatmeal Raisin Cookie 	<p>4 JULY</p> <p style="text-align: center;">CLOSED</p> <p style="text-align: center;"><i>Happy Independence Day</i></p> <div style="text-align: center;">  </div>	<p>5 JULY</p> <p style="text-align: center;">Film Friday</p> <ul style="list-style-type: none"> • All-Beef Hot Beef • Mashed Potato Casserole • Peas & Carrots • Banana

Menu subject to change.