

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)

JULY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Sitcom Monday <ul style="list-style-type: none"> • Chicken á la Orange • Vegetable Rice Pilaf • Bean Salad • Hot Peach Crumble 	2 Chair Yoga <ul style="list-style-type: none"> • French Dip Beef Sandwich • Oven Fries • Harvard Beets • Melon 	3 Cardio Burst <ul style="list-style-type: none"> • Lasagna with Meat Sauce • Squash Medley • Italian Green Beans • Oatmeal Raisin Cookie 	4 CLOSED <i>Happy Independence Day</i> 	5 Film Friday <ul style="list-style-type: none"> • All-Beef Hot Beef • Mashed Potato Casserole • Peas & Carrots • Banana
8 Game Show Party <ul style="list-style-type: none"> • Roast Chicken • Mashed Sweet Potatoes • Vegetables • Strawberry Yogurt 	9 Chair Yoga <ul style="list-style-type: none"> • Hamburger • Baked Beans • Mixed Vegetables • Mixed Fruit & Melon 	10 Cardio Burst <ul style="list-style-type: none"> • Chicken Salad • Mixed Salad Greens • Tri-Bean Salad • Ambrosia Custard 	11 Zumba Gold <ul style="list-style-type: none"> • Egg Salad Sandwich • Tomato Florentine Soup • Broccoli Salad • Chilled Pears 	12 Film Friday <ul style="list-style-type: none"> • Herbed Chicken • Mashed Potatoes & Gravy • Green Bean Casserole • Melon
15 Po*Ke*No <ul style="list-style-type: none"> • Meatloaf with Gravy • Mashed Potatoes • Stewed Tomatoes • Whole Orange 	16 Chair Yoga Blood Pressure Screening <ul style="list-style-type: none"> • Grilled Chicken • Mixed Salad Greens • Black Bean Soup • Banana 	17 Cardio Burst <ul style="list-style-type: none"> • Roast Beef • Au Gratin Potatoes • Harvard Beets • Mixed Fruit 	18 Zumba Gold <ul style="list-style-type: none"> • Lemon Chicken Salad w/ Cranberries • Cabbage & Bean Soup • Spiced Apples • Pea Salad 	19 Film Friday <ul style="list-style-type: none"> • Tukey Pasta Salad • Lettuce & Tomato • Tri-Bean Salad • Pineapple Tidbits
22 Karaoke <ul style="list-style-type: none"> • BBQ Chicken • Baked Potato • Parslied Cauliflower • Mixed Fruit 	23 Chair Yoga <ul style="list-style-type: none"> • Turkey & Spinach Wrap • Red Pepper Aioli • Bean Soup • Melon & Juice 	24 Cardio Burst <ul style="list-style-type: none"> • Jambalaya • Brown Rice w/ Red Peppers • Broccoli & Corn Bread • Chilled Pears 	25 Zumba Gold <ul style="list-style-type: none"> • Tuna Salad Sandwich • Garbanzo & Kidney Beans • Chilled Peaches • Melon 	26 Skokie Public Library <ul style="list-style-type: none"> • Hawaiian Chicken • Rice Pilaf • Polynesian Vegetables • Salad Greens • Fresh Fruit
29 Wii Games <ul style="list-style-type: none"> • Roast Chicken • Dilled Baby Red Potatoes • Bean Casserole • Mixed Fruit 	30 Chair Yoga Blood Pressure Screening <ul style="list-style-type: none"> • Grilled Chicken Strips • Mixed Salad Greens • Orzo Pasta Salad • Pineapple Tidbits 	31 Cardio Burst <ul style="list-style-type: none"> • Spinach & Swiss Souffle • Diced Potato Hash Browns • Mixed Fruit • Corn Bread • Whole Orange 	1 AUGUST Zumba Gold <ul style="list-style-type: none"> • Julienne Turkey Salad • Vegetable Soup • Mixed Fruit • Banana 	2 AUGUST Film Friday <ul style="list-style-type: none"> • Potato-Crusted Fish Fillet • Au Gratin Potatoes • Coleslaw • Warm Applesauce

Menu subject to change.