

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)

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2	<p>CLOSED</p> <p><i>Happy Labor Day</i></p> 	3	<p>Chair Yoga</p> <p>Blood Pressure Screening</p> <ul style="list-style-type: none"> Turkey & Spinach Wrap Red Pepper Aioli Bean Soup Melon & Juice 	4	<p>Cardio Burst</p> <ul style="list-style-type: none"> Jambalaya Brown Rice w/Red Peppers Broccoli & Corn Bread Chilled Pears 	5	<p>Zumba Gold</p> <ul style="list-style-type: none"> Tuna Salad Sandwich Garbanzo & Kidney Beans Chilled Peaches Melon 	6	<p>Film Friday</p> <ul style="list-style-type: none"> Chicken Marbella Rice Florentine Vegetable Blend Whole Orange
9	<p>Sitcom Monday</p> <ul style="list-style-type: none"> Roast Chicken Dilled Baby Red Potatoes Bean Casserole Mixed Fruit 	10	<p>Chair Yoga</p> <ul style="list-style-type: none"> Grilled Chicken Strips Mixed Salad Greens Orzo Pasta Salad Pineapple Tidbits 	11	<p>Cardio Burst</p> <p>Boost Your Brain & Memory</p> <ul style="list-style-type: none"> Spinach & Swiss Souffle Diced Potato Hash Browns Mixed Fruit Corn Bread & Whole Orange 	12	<p>Zumba Gold</p> <ul style="list-style-type: none"> Julienne Turkey Salad Vegetable Soup Mixed Fruit Banana 	13	<p>Film Friday</p> <ul style="list-style-type: none"> Potato-Crusted Fish Fillet Au Gratin Potatoes Coleslaw Warm Applesauce
16	<p>Game Show Party</p> <ul style="list-style-type: none"> Meatball Sub Sandwich Potatoes Italiano Italian Green Beans Whole Orange 	17	<p>Chair Yoga</p> <p>Blood Pressure Screening</p> <ul style="list-style-type: none"> Parmesan Tuna Salad Sliders Tomato Soup Potato Salad Whole Apple 	18	<p>Cardio Burst</p> <ul style="list-style-type: none"> Turkey Club Sandwich Lettuce & Tomato Pea Salad Pineapple Tidbits 	19	<p>Zumba Gold</p> <ul style="list-style-type: none"> Roast Beef & Turkey Sandwich Cream of Mushroom & Barley Soup Beet Salad & Banana 	20	<p>Film Friday</p> <ul style="list-style-type: none"> Veal Parmesan Penne Pasta Marinara Broccoli Melon
23	<p>Wii Games</p> <ul style="list-style-type: none"> Chicken á la Orange Vegetable Rice Pilaf Bean Salad Hot Peach Crumble 	24	<p>Chair Yoga</p> <ul style="list-style-type: none"> Chicken Cesar Salad Broccoli Cheddar Soup Coleslaw Melon 	25	<p>Cardio Burst</p> <ul style="list-style-type: none"> Lasagna with Meat Sauce Squash Medley Italian Green Beans Oatmeal Raisin Cookie 	26	<p>Zumba Gold</p> <ul style="list-style-type: none"> Crab Salad Mixed Salad Greens Dilled Cucumbers Mixed Fruit & Apple Crisp 	27	<p>Skokie Public Library</p> <ul style="list-style-type: none"> BBQ Chicken Baked Potato Mixed Vegetables Apple Pie
30	<p>Music with Marty</p> <ul style="list-style-type: none"> Roast Chicken Au Gratin Potatoes Corn Pumpkin Bar 	1 OCTOBER	<p>Chair Yoga</p> <p>Blood Pressure Screening</p> <ul style="list-style-type: none"> Hamburger Tomato Soup Pea Salad & Chilled Pears 	2 OCTOBER	<p>Cardio Burst</p> <ul style="list-style-type: none"> Salisbury Steak Mashed Potatoes Harvard Beets Pineapple Tidbits 	3 OCTOBER	<p>Zumba Gold</p> <ul style="list-style-type: none"> All-Beef Hot Dog Oven Fries Bean Casserole Fresh Melon & Banana 	4 OCTOBER	<p>Film Friday</p> <ul style="list-style-type: none"> Lasagna with Meat Sauce Broccoli Vegetables Oatmeal Raisin Cookie

Menu subject to change.