

# July Boxed Lunch Menu

Edgewater Satellite Senior Center (312-742-5323)

10:30am - 1pm M-F \$2 suggested donation

\* Participants may dine in from 10:30am - 11:30am, or from 12pm - 1pm  
There will be a maximum capacity of 16 in the dining room

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Turkey chef salad	2 *4 <sup>th</sup> of July Meal -BBQ Chicken Breast Sandwich
5 -Corn Beef, swiss cheese, & 1000 island on WG sourdough - Cole slaw, lemon-herb potato salad, orange muffin	6 -Egg salad with caper & olive tapenade on WG croissant - Black bean, corn & red pepper salad, spinach salad, raspberry vinaigrette, apple pie slice	7 -Roasted chicken breast, swiss cheese, & sweet chilli jam on WG Kaiser bun - 3 bean salad, chopped romaine salad, French dressing, brownie	8 -Pastrami, Muenster cheese, & mustard aioli on WG rye bread - Red bliss potato salad, carrot & celery sticks, ranch dressing, mustard & mayo banana mini loaf	9 -Chicken filet sandwich, mozzarella cheese, pesto aioli on oatmeal wheat bun - Marinated beets, garden salad, Italian dressing, chocolate chip cookies
12 -Pot roast & swiss chili jam on WG French brioche roll - Tortellini pasta salad (nut-free pesto sauce), 3 bean salad, banana mini loaf	13 -Turkey breast, cranberry sauce & traditional stuffing on 12 grain bread - Marinated green beans, garden salad, raspberry vinaigrette, blondie bars	14 -BBQ chicken breast & red cabbage slaw on WG potato bun - Red bliss potato salad, chef salad, ranch dressing, chocolate chip muffin	15 -Italian beef, sweet peppers, & mild Giardiniera on WG French bread - Macaroni salad, seasoned tomato & cucumbers, oatmeal cookies	16 -Tuna salad, pickle slices & American cheese on WG oatmeal bread -Rotini pasta salad w/ broccoli florets, romaine salad w/ parmesan Caesar dressing, specialty iced cookie
19 -Corn Beef, swiss cheese, & 1000 island on WG sourdough - Cole slaw, lemon-herb potato salad, orange muffin	20 -Egg salad with caper & olive tapenade on WG croissant - Black bean, corn & red pepper salad, spinach salad, raspberry vinaigrette, apple pie slice	21 -Roasted chicken breast, swiss cheese, & sweet chilli jam on WG Kaiser bun - 3 bean salad, chopped romaine salad, French dressing, brownie	22 -Pastrami, Muenster cheese, & mustard aioli on WG rye bread - Red bliss potato salad, carrot & celery sticks, ranch dressing, mustard & mayo banana mini loaf	23 -Chicken filet sandwich, mozzarella cheese, pesto aioli on oatmeal wheat bun -Marinated beets, garden salad, Italian dressing, chocolate chip cookies
26 -Pot roast & swiss chili jam on WG French brioche roll - Tortellini pasta salad (nut-free pesto sauce), 3 bean salad, banana mini loaf	27 -Turkey breast, cranberry sauce & traditional stuffing on 12 grain bread - Marinated green beans, garden salad, raspberry vinaigrette, blondie bars	28 -BBQ chicken breast & red cabbage slaw on WG potato bun - Red bliss potato salad, chef salad, ranch dressing, chocolate chip muffin	29 -Italian beef, sweet peppers, & mild Giardiniera on WG French bread - Macaroni salad, seasoned tomato & cucumbers, oatmeal cookies	30 Tuna salad, pickle slices & American cheese on WG oatmeal bread -Rotini pasta salad w/ broccoli florets, romaine salad w/ parmesan Caesar dressing, specialty iced cookie

Each meal comes with fresh fruit, fruit juice, and milk