

July Boxed Lunch Menu

North Center Satellite Senior Center (312-744-4015)

Participants may dine in from 10:30am-11:30am, or from 12pm to 1pm

Monday-Friday \$2.00 suggested donation

There will be a maximum capacity of 12 participants in the dining room

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2 4th of July Meal -BBQ Chicken Breast Sandwich
5 CLOSED	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 Chili 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 & Mayonnaise Packets -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 & Sweet Chili Jam on WG French Brioche Roll -Tortellini Pasta Salad (nut-free pesto sauce) -3 Ban Salad -Blueberry 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, & Thousand Island on WG Sourdough Bread -Cole Slaw -Lemon-Herb Potato Salad	20 -Egg Salad with Caper & Olive Tapenade on WG Croissant -Black Bean, Corn & Red Pepper Salad -Spinach Salad -Raspberry	21 -Roasted Chicken Breast, Swiss Cheese, & Sweet Chili Jam on WG Kaiser Bun -3 Bean Salad -Chopped Romaine Salad -French Dressing	22 -Pastrami, Muenster Cheese, & Mustard -Aioli on WG Rye Bread -Red Bliss Potato Salad -Carrot & Celery	23 -Chicken Filet Sandwich, Mozzarella Cheese, & Pesto -Aioli on Oatmeal Wheat Bun -Marinated Beets
26 -Pot Roast & Sweet Chili Jam on WG French Brioche Roll -Tortellini Pasta Salad (nut-free pesto sauce) -3 Ban Salad -Blueberry Mini Loaf	27 -Turkey Breast, Cranberry Sauce & Traditional Stuffing on 12 Grain Bread -Marinated Green Beans -Garden Salad -Raspberry Vinaigrette -Blondie	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

***Every meal comes with Fresh Fruit, Fruit Juice, and Milk**