

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
<p>28 OCTOBER ComEd Energy Efficiency</p> <ul style="list-style-type: none"> • Roast Beef • Mashed Potatoes • Brussels Sprouts • Chilled Pears & Cookie 	<p>29 OCTOBER Chair Yoga</p> <ul style="list-style-type: none"> • Meatball Sub Sandwich • Bean Soup • Banana • Melon 	<p>30 OCTOBER Cardio Burst</p> <ul style="list-style-type: none"> • Spaghetti & Meatballs • Broccoli • Chilled Peaches 	<p>31 OCTOBER Zumba Gold</p> <ul style="list-style-type: none"> • Egg Salad Sandwich • Tomato Florentine Soup • Pea Salad • Cranberry Applesauce 	<p>1 Film Friday</p> <ul style="list-style-type: none"> • Cheese Ravioli • Zucchini Blend • Vegetables • Mixed Fruit
<p>4 Sitcom Monday</p> <ul style="list-style-type: none"> • Meat Loaf • Mashed Potatoes • Stewed Tomatoes • Pineapple Tidbits 	<p>5 Chair Yoga Blood Pressure Screening</p> <ul style="list-style-type: none"> • Grilled Chicken • Caprese Pasta Salad • Split Pea Soup • Carrot Raisin Salad & Fruit 	<p>6 Cardio Burst</p> <ul style="list-style-type: none"> • BBQ Chicken Thigh • Oven Fries • Green Beans & Onions • Fruit Jell-O 	<p>7 Zumba Gold</p> <ul style="list-style-type: none"> • Dill Shrimp Pasta Salad • Vegetable Gumbo • Fruit Yogurt • Whole Orange 	<p>8 Film Friday</p> <ul style="list-style-type: none"> • Swedish Meatballs • Mashed Potatoes • Broccoli • Melon
<p>11 Game Show Party</p> <ul style="list-style-type: none"> • Roast Chicken • Au Gratin Potatoes • Corn • Pumpkin Bar 	<p>12 Chair Yoga</p> <ul style="list-style-type: none"> • Hamburger • Tomato Soup • Pea Salad • Chilled Pears & Cranberries 	<p>13 Cardio Burst Boost Your Brain & Memory</p> <ul style="list-style-type: none"> • Salisbury Steak • Mashed Potatoes • Harvard Beets • Pineapple Tidbits 	<p>14 Zumba Gold</p> <ul style="list-style-type: none"> • All-Beef Hot Dog • Oven Fries • Bean Casserole • Melon & Banana 	<p>15 Film Friday</p> <ul style="list-style-type: none"> • Lasagna with Meat Sauce • Broccoli • Vegetables • Oatmeal Raisin Cookie
<p>18 PO*KE*NO</p> <ul style="list-style-type: none"> • Roast Turkey • Sweet Potatoes • Bread Stuffing • Green Bean Casserole • Pumpkin Pie 	<p>19 Chair Yoga Blood Pressure Screening</p> <ul style="list-style-type: none"> • Stuffed Green Pepper • Tomato Vegetable Soup • Ambrosia Fruit Custard • Ranger Cookie 	<p>20 Cardio Burst</p> <ul style="list-style-type: none"> • Spaghetti & Meatballs • Mixed Salad Greens • Peach Cobbler 	<p>21 Zumba Gold</p> <ul style="list-style-type: none"> • Tuna Salad • Spinach Salad • Hard Boiled Egg • Cream of Broccoli Soup • Tri-Bean Salad & Fruit 	<p>22 Skokie Public Library</p> <ul style="list-style-type: none"> • Roast Turkey • Bread Stuffing • Mashed Potatoes & Gravy • Peas & Carrots • Cranberry Jell-O & Pie
<p>25 Wii Games</p> <ul style="list-style-type: none"> • Roast Beef • Mashed Potatoes • Peas & Carrots • Whole Orange 	<p>26 Chair Yoga</p> <ul style="list-style-type: none"> • Chicken Salad • Cream of Potato Soup • Cinnamon Apples 	<p>27 Cardio Burst</p> <ul style="list-style-type: none"> • Roast Turkey • Rice Pilaf & Broccoli • Fruit & Biscuit • Oatmeal Raisin Cookie 	<p>28 Closed</p> 	
<p>29 Closed</p>				

Menu subject to change.