

## Come for lunch, stay for fun!

Monday–Friday, Doors Open 10:30 a.m.–2:00 p.m. | Menu Available 11:30 a.m.–1:30 p.m.

7574 N. Lincoln Avenue, Skokie (Inside the Ethical Humanist Society)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3 Sitcom Monday</b> <ul style="list-style-type: none"> <li>• Roast Chicken</li> <li>• Au Gratin Potatoes</li> <li>• Corn</li> <li>• Pumpkin Bar</li> </ul>	<b>4 Chair Yoga</b> <b>Blood Pressure Screening</b> <ul style="list-style-type: none"> <li>• Hamburger</li> <li>• Tomato Soup</li> <li>• Pea Salad</li> <li>• Chilled Pears &amp; Cranberries</li> </ul>	<b>5 Cardio Burst</b> <ul style="list-style-type: none"> <li>• Salisbury Steak</li> <li>• Mashed Potatoes</li> <li>• Harvard Beets</li> <li>• Pineapple Tidbits</li> </ul>	<b>6 Zumba Gold</b> <ul style="list-style-type: none"> <li>• All-Beef Hot Dog</li> <li>• Oven Fries</li> <li>• Bean Casserole</li> <li>• Banana &amp; Melon</li> </ul>	<b>7 Film Friday</b> <ul style="list-style-type: none"> <li>• Lasagna with Meat Sauce</li> <li>• Broccoli</li> <li>• Vegetables</li> <li>• Oatmeal Raisin Cookie</li> </ul>
<b>10 Po-Ke-No</b> <ul style="list-style-type: none"> <li>• Roast Turkey</li> <li>• Baked Sweet Potatoes</li> <li>• Bread Stuffing</li> <li>• Vegetables &amp; Fruit</li> </ul>	<b>11 Chair Yoga</b> <ul style="list-style-type: none"> <li>• Stuffed Green Pepper</li> <li>• Tomato Vegetable Soup</li> <li>• Ambrosia Custard</li> <li>• Cookie</li> </ul>	<b>12 Boost Your Brain &amp; Memory</b> <ul style="list-style-type: none"> <li>• Spaghetti &amp; Meatballs</li> <li>• Mixed Salad Greens</li> <li>• Warm Peach Cobbler</li> </ul>	<b>13 Zumba Gold</b> <ul style="list-style-type: none"> <li>• Tuna Salad</li> <li>• Spinach Salad</li> <li>• Hard-Boiled Egg</li> <li>• Cream of Broccoli Soup</li> <li>• Tri-Bean Salad &amp; Fruit</li> </ul>	<b>14 Film Friday</b> <ul style="list-style-type: none"> <li>• Citrus Alaskan Pollock</li> <li>• Rice Pilaf</li> <li>• Vegetable Blend</li> <li>• Chickpea Salad &amp; Melon</li> </ul>
<b>17 Game Show Party</b> <ul style="list-style-type: none"> <li>• Roast Beef</li> <li>• Mashed Potatoes</li> <li>• Peas &amp; Carrots</li> <li>• Whole Orange</li> </ul>	<b>18 Chair Yoga</b> <b>Blood Pressure Screening</b> <ul style="list-style-type: none"> <li>• Chicken Salad</li> <li>• Lettuce and Tomato</li> <li>• Cream of Potato Soup</li> <li>• Cinnamon Apples</li> </ul>	<b>19 Cardio Burst</b> <ul style="list-style-type: none"> <li>• Turkey Divan</li> <li>• Rice Pilaf &amp; Broccoli</li> <li>• Fruit &amp; Biscuit</li> <li>• Oatmeal Raisin Cookie</li> </ul>	<b>20 Zumba Gold</b> <ul style="list-style-type: none"> <li>• Turkey Trio Sandwich</li> <li>• Split Pea Soup</li> <li>• Banana</li> <li>• Cranberry Juice</li> </ul>	<b>21 Film Friday</b> <ul style="list-style-type: none"> <li>• Chicken Breast with Marinara</li> <li>• Penne Pasta</li> <li>• Squash Medley</li> <li>• Chilled Peaches</li> </ul>
<b>24 Karaoke</b> <ul style="list-style-type: none"> <li>• Roast Chicken with Shredded Cabbage</li> <li>• Diced Parslied Potatoes</li> <li>• Carrots &amp; Melon</li> </ul>	<b>25 Chair Yoga</b> <ul style="list-style-type: none"> <li>• Chicken Chardonnay</li> <li>• Mashed Potatoes</li> <li>• Broccoli &amp; Apple Bar</li> <li>• Pineapple Orange Salad</li> </ul>	<b>26 Wii Games</b> <ul style="list-style-type: none"> <li>• Vegetarian Chili</li> <li>• Macaroni &amp; Cheese</li> <li>• Vegetable Blend</li> <li>• Fruit Cocktail</li> </ul>	<b>27 Zumba Gold</b> <ul style="list-style-type: none"> <li>• Hamburger</li> <li>• Wild Rice Soup</li> <li>• Coleslaw</li> <li>• Melon</li> </ul>	<b>28 Skokie Monthly Celebration</b> <ul style="list-style-type: none"> <li>• Stuffed Chicken Breast w/Spinach and Wild Rice</li> <li>• Green Beans</li> <li>• Fruit Salad</li> </ul>
<b>2 MARCH</b> <b>Sitcom Monday</b> <ul style="list-style-type: none"> <li>• Roast Beef</li> <li>• Mashed Potatoes</li> <li>• Brussels Sprouts</li> <li>• Chilled Pears &amp; Cookie</li> </ul>	<b>3 MARCH</b> <b>Chair Yoga</b> <b>Blood Pressure Screening</b> <ul style="list-style-type: none"> <li>• Turkey &amp; Spinach Wrap</li> <li>• Bean Soup</li> <li>• Banana &amp; Melon</li> </ul>	<b>4 MARCH</b> <b>Cardio Burst</b> <ul style="list-style-type: none"> <li>• Spaghetti &amp; Meatballs</li> <li>• Broccoli</li> <li>• Garlic Bread</li> <li>• Chilled Peaches</li> </ul>	<b>5 MARCH</b> <b>Zumba Gold</b> <ul style="list-style-type: none"> <li>• Egg Salad Sandwich</li> <li>• Tomato Florentine Soup</li> <li>• Pea Salad</li> <li>• Cranberry Applesauce</li> </ul>	<b>6 MARCH</b> <b>Film Friday</b> <ul style="list-style-type: none"> <li>• Cheese Ravioli Alfredo</li> <li>• Zucchini</li> <li>• Vegetables &amp; Mixed Fruit</li> </ul>

Menu subject to change.