

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)

MARCH 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Sitcom Monday <ul style="list-style-type: none"> • Roast Beef • Mashed Potatoes • Brussels Sprouts • Chilled Pears & Cookie 	3 Chair Yoga Blood Pressure Screening <ul style="list-style-type: none"> • Turkey & Spinach Wrap • Bean Soup • Banana & Melon 	4 Cardio Burst <ul style="list-style-type: none"> • Spaghetti & Meatballs • Broccoli • Garlic Bread • Chilled Peaches 	5 Zumba Gold <ul style="list-style-type: none"> • Egg Salad Sandwich • Tomato Florentine Soup • Pea Salad • Cranberry Applesauce 	6 Film Friday <ul style="list-style-type: none"> • Cheese Ravioli Alfredo • Zucchini • Vegetables & Mixed Fruit
9 Po-Ke-No <ul style="list-style-type: none"> • Meat Loaf • Mashed Potatoes • Peas & Carrots • Whole Orange 	10 Chair Yoga <ul style="list-style-type: none"> • Fish Sandwich • Baked Potatoes • Carrot Raisin Salad • Warm Peach Crumble 	11 Boost Your Brain & Memory <ul style="list-style-type: none"> • BBQ Chicken Thigh • Oven Fries • Green Bean & Onions • Fruit Jell-O 	12 Zumba Gold <ul style="list-style-type: none"> • Swedish Meatballs • Mashed Potatoes • Broccoli • Melon 	13 Film Friday <ul style="list-style-type: none"> • Cheese Omelette • Refried Beans • Fruit Yogurt • Whole Orange • Apple Juice & Biscuit
16 Game Show Party <ul style="list-style-type: none"> • Roast Chicken • Au Gratin Potatoes • Corn • Pumpkin Bar 	17 Chair Yoga Blood Pressure Screening <ul style="list-style-type: none"> • Irish Stew • Whole Irish Potatoes • Steamed Cabbage • Pistachio Pudding 	18 Cardio Burst <ul style="list-style-type: none"> • Salisbury Steak • Mashed Potatoes • Harvard Beets • Pineapple Tidbits 	19 Zumba Gold <ul style="list-style-type: none"> • All-Beef Hot Dog • Oven Fries • Bean Casserole • Banana & Melon 	20 Film Friday <ul style="list-style-type: none"> • Lasagna w/Marinara Sauce • Broccoli • Vegetables • Oatmeal Raisin Cookie
23 Karaoke <ul style="list-style-type: none"> • Roast Turkey • Baked Sweet Potatoes • Bread Stuffing • Vegetables & Fruit 	24 Chair Yoga <ul style="list-style-type: none"> • Stuffed Green Pepper • Tomato Vegetable Soup • Ambrosia Custard • Cookie 	25 Wii Games <ul style="list-style-type: none"> • Spaghetti & Meatballs • Mixed Salad Greens • Warm Peach Cobbler 	26 Zumba Gold <ul style="list-style-type: none"> • Tuna Salad • Spinach Salad • Hard-Boiled Egg • Cream of Broccoli Soup • Tri-Bean Salad & Fruit 	27 Special Luncheon <ul style="list-style-type: none"> • Angel Hair Shrimp Pasta • Italian Salad • Zucchini Medley • Garlic Bread
30 Sitcom Monday <ul style="list-style-type: none"> • Meatball Sub • Potatoes Italiano • Italian Green Beans • Whole Orange 	31 Chair Yoga Blood Pressure Screening <ul style="list-style-type: none"> • Parmesan Tuna Sliders • Lettuce and Tomato • Cream of Mushroom Barley Soup • Whole Apple & Cookie 	1 APRIL Cardio Burst <ul style="list-style-type: none"> • Turkey & Cheddar Sandwich • Lettuce & Tomato • Pea Salad • Pineapple Tidbits 	2 APRIL Zumba Gold <ul style="list-style-type: none"> • Turkey & Roast Beef Sandwich • Fire-Roasted Tomato Soup • Beet Salad & Banana 	3 APRIL Film Friday <ul style="list-style-type: none"> • Eggplant Parmesan • Penne Pasta Marinara • Broccoli • Melon

Menu subject to change.