

Seniors 60 and better Join us for senior lunch!

WEDNESDAYS: 12:00PM (Noon) to 2:00PM

Antioch Senior Center

817 Holbek Drive Antioch, IL

RSVP: 847-782-4170 three business days ahead



JULY 2024



\$7.00 suggested donation, however; no one is ever denied a meal due to inability or unwillingness to pay.

<p><u>Wednesday, July 3, 2024</u></p> <p>Creamy Avocado Chicken</p> <p>Wild Rice</p> <p>Lemon Buttered Broccoli</p> <p>Fresh Fruit</p> <p>Juice</p> <p>Wheat Bread & Margarine</p> <p>Milk & Dessert</p>	<p>At Maravela's</p>	<p>At Maravela's</p>	<p><u>Wednesday, July 10, 2024</u></p> <p>Roast Beef w/ Onion Gravy</p> <p>Mashed Potatoes</p> <p>Buttered Lima Beans</p> <p>Applesauce</p> <p>Graham Crackers</p> <p>Wheat Dinner Roll & Margarine</p> <p>Milk & Dessert</p>
<p><u>Wednesday, July 24, 2024</u></p> <p>Italian Beef Sandwich</p> <p>Potato Wedges</p> <p>Baked Beans</p> <p>Fresh Fruit</p> <p>Milk & Dessert</p>	<p><u>Wednesday, July 17, 2024</u></p> <p>Pork Tenderloin w/ Herb Gravy</p> <p>Roasted Potatoes</p> <p>Buttered Carrots</p> <p>Fresh Fruit</p> <p>Vanilla Wafers</p> <p>Rye Bread & Margarine</p> <p>Milk & Dessert</p>	<p><u>Wednesday, July 31, 2024</u></p> <p>Open Face Hot Turkey Sandwich</p> <p>Mashed Potatoes</p> <p>Steamed Peas</p> <p>Fresh Fruit</p> <p>Vanilla Wafers</p> <p>Milk & Dessert</p>	

