

Although the Congregate Meal program has been suspended, we will have containerized meals available twice per week on Tuesdays and Thursdays for seniors (60 and older).

Each of those days each person will receive two meals, one hot and one cold.

A \$5.00 suggested donation is appreciated however, no one is denied a meal due to inability or unwillingness to pay.

***We will update the reservation hotline as this situation evolves. **847-782-4170** Please call often and listen to the entire message.

You must call to reserve your meals. 847-782-4170 When calling, please:

- > spell your first and your last name*
 - > leave us your phone number
 - > tell us the day(s)/date(s) you would like to pick up your meals
 - > include name of each recipient*
- *Must be registered with our program - we can complete this over the phone.

Location: Maravela's 4 Washington St. Ingleside, IL 60041

Pick up time: 10:00 am—12:00 noon

Tuesday, March 31, 2020

Hot

Chicken Parmesan
Spaghetti
Buttered Italian Vegetables
Fruit Cocktail
Garlic Bread
Juice
Milk

Cold

Chicken Salad
On Wheat Bread
Pea Salad
Chopped Tomatoes
Pears
Milk

Thursday, April 2, 2020

Hot

Swiss Steak w/Gravy
Whipped Potatoes
Buttered Peas
Citrus Fruit Salad
Vanilla Wafers
Wheat Bread w/Margarine
Milk

Cold

Roast Beef & American Cheese
On Wheat Bread
Carrot and Raisin Salad
Chopped Tomatoes
Pears
Milk

IMPORTANT: See backside for food safety instructions.