Pav YMCA Senior Lunch Café Menu
November 2026

Café Hours: Monday – Friday 11:00 AM – 1:00 PM
Pav YMCA, 2947 Oak Park Ave, Berwyn, IL 60402
Pav YMCA Senior Services Director: Kathy Kozlick (P) 708.749.0606 ext. 340 (E) kkozlick@pavymca.org

*Suggested Donation: $3.50 per meal. All meals include 1% milk or juice. *Menu subject to change due to availability of items.*

Monday	Tuesday	Wednesday	Thursday	Friday
2.Old Fashioned Beef Vegetable Soup Sweet Corn Green Beans Chilled Pears Cookie Multi Grain Bread REG	3.Turkey Pot Roast Baked Potato Peas & Carrots Chef's Choice Fruit Banana Multi Grain Cranberry Roll REG	4.Spaghetti & Meatballs Marinara Broccoli Chilled Peaches Wheat Vienna Bread REG	5.Chicken Tender Poor Boy W/Pesto Aioli Roasted Red Pepper Soup Tossed Salad Cottage Cheese Pea Salad, Apple Wheat French Roll DELI	6.Chicken Enchilada Mexican Street Corn Soup Tossed Salad Cottage Cheese Strawberry Yogurt Fruit Cup Sour Cream DELI
9.Baked Meatloaf W/Country Gravy Cauliflower Mashed Potatoes Mixed Vegetables Pineapple Tidbits Multi Grain Bread REG	10. Potato, Leek & Sausage Chowder Peas & Carrots Mixed Salad Greens Corn Bread Warm Apple Cobbler Chef's Choice Fruit REG	11. Kathy Cooking	12. Cheese Omelet Hash Browned Potatoes Apple Juice Strawberry Yogurt Whole Orange Whole Wheat Biscuit REG	13.Swedish Meatballs Mashed Potatoes Broccoli Fresh Melon Multi Grain Bread REG
16.Roast Pork W/Gravy Au Gratin Potatoes Peas & Carrots Whole Apple Multi Grain Bread REG	17.Italian Beef Vegetable Lentil Soup Tossed Salad Cottage Cheese Chilled Pears Pea Salad Hard Boiled Egg Wheat French Roll DELI	18. Salisbury Steak Gravy Mashed Potatoes Sweet Corn Pineapple Tidbits Whole Wheat Roll REG	19.All Beef Hot Dog Oven Fries Baked Bean Casserole Banana Fresh Melon Wheat Hot Dog Bun REG	20.Bean & Cheese Papusa, Sour Cream Fire Roasted Tomato Soup Tossed Salad Cottage Cheese Curtido Cabbage Slaw Fresh Melon DELI
23. Kathy Cooking	24.Polish Sausage Lumberjack Soup Tossed Salad Cottage Cheese Mandarin Oranges Cookie Wheat Sausage Roll DELI	25.Roasted Turkey Turkey Gravy Baked Sweet Potatoes Green Bean Casserole Sage Bread Stuffing REG	26. CAFE CLOSED Happy Thanksgiving!	27. CAFE CLOSED
30.Cheddar Broccoli Chicken Rice Casserole Cauliflower Warm Pear & Cranberry Crumble Multi Grain Bread REG				

Funds (in whole/part) for this publication were provided through an award from AgeOptions through grants from the Illinois Department on Aging and/or Administration for Community Living, U.S. Department of Health and Human Services under Title III of the Older Americans Act.

The Pav YMCA does not discriminate in admission to programs or treatment of employment or activities in compliance with the Illinois Human Rights Act; the U.S. Civil Rights; Section 504 of the Rehabilitation Act; The Age Discrimination Act; the Age Discrimination in Employment Act; and the U.S and Illinois Constitution. If you feel you have been discriminated against you have the right to file a complaint with the Illinois Department on Aging. For information, call 1-800-252-8966 (voice and TTD) or contact the AgeOptions Civil Rights Coordinator at (708) 383-0258.

Pav YMCA Senior Activities
November 2026

Pav YMCA, 2947 Oak Park Ave, Berwyn, IL 60402

Pav YMCA Senior Services Director: Kathy Kozlick (P) 708.749.0606 ext. 340 (E) kkozlick@pavymca.org

**Lunch is required for Bingo, movies, activities and parties. Movies include popcorn or snacks.*

Monday	Tuesday	Wednesday	Thursday	Friday
2. BINGO	3. Movies/Games available upon request	4. Lecture: Diabetes in Older Adults BINGO	5. Older Adult Market Free to 60+ 12:30-2:00	6. Lecture: Medication Safety BINGO
9. Haircuts & Manicures 10am-1pm Free to 60+ BINGO	10. Movies/Games available upon request	11. BINGO	12.	13. BINGO
16. BINGO	17. Movies/Games available upon request	18. Bake Sale 9am-2pm BINGO	19. Older Adult Market Free to 60+ 12:30-2:00	20. Lecture: Pain Management BINGO
23. BINGO	24. Movies/Games available upon request	25. Thanksgiving Party 11am-1pm $6.50 Sign up by 11/17 BINGO	26. Cafe Closed Happy Thanksgiving!	27. Cafe Closed
30. BINGO				

Funds (in whole/part) for this publication were provided through an award from AgeOptions through grants from the Illinois Department on Aging and/or Administration for Community Living, U.S. Department of Health and Human Services under Title III of the Older Americans Act.

The Pav YMCA does not discriminate in admission to programs or treatment of employment or activities in compliance with the Illinois Human Rights Act; the U.S. Civil Rights; Section 504 of the Rehabilitation Act; The Age Discrimination Act; the Age Discrimination in Employment Act; and the U.S and Illinois Constitution. If you feel you have been discriminated against you have the right to file a complaint with the Illinois Department on Aging. For information, call 1-800-252-8966 (voice and TTD) or contact the AgeOptions Civil Rights Coordinator at (708) 383-0258.