

## MARAVELA'S - Tuesdays and Thursdays

TO-GO meals available for all Lake County seniors ages 60 and better,  
spouse of any age!

*It is our goal to make nutritious meals available to all seniors of any income level, any faith, here in Lake County.  
A \$5.00 suggested donation is appreciated, however; no one is ever denied a meal for inability or unwillingness to pay.*

**Please reserve your meals three (3) business days ahead of time at 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, October 20, 2020

#### Hot

Pesto Chicken  
Parmesan Roasted Potatoes  
Lemon Brussel Sprouts  
Citrus Fruit Salad  
Graham Crackers  
Whole Grain Roll w/Margarine  
Milk

#### Cold

Turkey & Swiss  
On Rye  
Carrot Salad  
Pea Salad  
Peaches  
Milk

### Thursday, October 22 2020

#### Hot

Beef Teriyaki  
Rice  
Ginger Carrots  
Asian Coleslaw  
Mandarin Oranges  
White Bread w/Margarine  
Milk

#### Cold

Beef, Salami & American Cheese  
On a Bun  
Green Pea Salad  
Chopped Tomatoes  
Fresh Fruit  
Milk

**IMPORTANT: See backside for food safety instructions.**

### Instructions for Hot Meal Carry-Out

1. Do NOT leave food in a car for any length of time.
2. Eat or refrigerate hot meal within 2 hours of receiving meal.
3. If meal is refrigerated, reheat to 165°F before eating.
4. Discard meal if it has not been eaten or refrigerated within 2 hours of receiving meal.
5. Discard meal if it has been in the refrigerator for more than 1 day.

### Catholic Charities' Dine Around Lake County Sites available to you include:

- ◆ **Gyorgos Café in Fox Lake 847-629-5947**
- ◆ **The Liberty Restaurant in Libertyville 847-362-9494**
- ◆ **N&T's Family Restaurant in Zion 847-872-7979**

*You may order up to two (2) meals per person per day. \$5.00 suggested donation per meal. These site will continue to operate however days and hours may be adjusted. Please call ahead to order your meal. Feel free to ask if delivery is available.*

### To-Go meals are available for pickup on the following days and locations:

- ◆ **Mondays in Wauconda** across the street from Transfiguration Church
- ◆ **Tuesdays and Thursdays at two locations** (please indicate location when calling)
  - Maravela's** 4 Washington St. Ingleside
  - Catholic Charities Round Lake Office** 101 N Cedar Lake Rd. Round Lake
- ◆ **Wednesdays in North Chicago** Paris Banquet Hall parking lot 1492 Lewis Ave. North Chicago

If you have any other food needs please leave a message on our reservation hotline and we will return your call: **847-782-4170**

Catholic Charities has many different resources available. Please call : **847-546-5733**

This program and many others have been made possible through special funding to assist older adults during the COVID 19 pandemic. The availability of these temporary funds depends on the shelter-in-place guidelines.