

**Nutrition Community Café**  
 3140 Enterprise Park Ave  
 South Chicago Heights  
 Café (708) 755-7903

# FEBRUARY 2019

Hours: Monday Through Friday, 8:00am to 2:00pm

Manager: Elizabeth Morales  
 (P) 708-843-6229



Monday	Tuesday	Wednesday	Thursday	Friday
<p>If you cannot eat your meal or if you are not ready to eat your meal when it is delivered, <b>REFRIGERATE IT RIGHT AWAY PLEASE DON'T LEAVE YOUR FOOD SITTING OUT! BE SAFE !!</b></p>				<p>Stuffed cabbage roll OR baked Talapia w/butter sauce, scalloped potatoes, corn, wheat roll w/ margarine, an orange and a cookie</p>
<p>Baked Chicken Stuffing            Broccoli            Fruit Cocktail            Bread</p>	<p>Mexican chicken w/tortilla, Fiesta rice, Mexican black beans, corn salad, and peaches</p>	<p>Maxwell Street Polish w/bun and mustard, potato salad, baked beans, and pineapples</p>	<p>Chicken Italian w/red sauce OR white fish w/citrus sauce, pasta, green beans, wheat roll w/margarine, and a pear</p>	<p>Meatloaf w/gravy, mashed potatoes, succotash, multi-grain roll w/ margarine, tropical fruit salad, and graham cracker</p>
<p>Roast Beef            Whipped Potatoes            Garden Vegetable Melon            3Bean Salad            Bread</p>	<p>Italian sausage w/red sauce, pasta, green beans, whole grain roll w/margarine, broccoli salad, and fruit salad</p>	<p>Southern chicken w/country gravy, mashed potatoes w/country gravy, corn, biscuit w/margarine, an orange and an oatmeal bar</p>	<p>Raging Romantics Valentine's Party            Beef Sandwiches            Chips            Pot Luck</p>	<p>Bone-in Lemon chicken, OR creole white fish, rice, mixed veggies, muffin, pea salad and fruit cocktail</p>
<p><b>President's Day</b></p> <p>Chilli Mac            Noodles            Green Beans            Coleslaw</p>	<p>Pepper steak, mashed potatoes, mixed veggies, wheat bun w/margarine, beet salad and peaches</p>	<p>Prime rib w/au jus, au gratin potatoes, carrots, multi-grain bread w/margarine and tropical fruit salad</p>	<p>Pasta and meatballs w/vodka sauce OR Lemon pepper white fish w/pasta peas and carrots, french bread w/ margarine, fruit juice and an apple</p>	<p>Oriental chicken Asian rice, mixed veggies, wheat roll w/margarine, Asian coleslaw, and pears</p>
<p>Chicken Enchilada            Fiesta Rice            Mexican Beans            Pineapples</p>	<p>Turkey pot pie OR Tilapia w/dill sauce, mashed potatoes, mixed veggies, muffin and banana</p>	<p>Stuffed pepper w/sauce, pasta, green beans, French bread w/ margarine, mushroom salad and applesauce</p>	<p>Baked ham w/sweet &amp; sour glaze, sweet potatoes, corn, rye bread w/margarine, fruit cocktail and granola bar</p>	<p><b>BLACK HISTORY MONTH</b></p>

**MENU SUBJECT TO CHANGE DUE TO AVAILABILITY OF ITEMS**

Donation \$2.00

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