

JUNE 2019






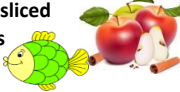
























Community Nutrition Network
3140 Enterprise Park Ave
South Chicago Heights
(708) 755-7903

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



Café Manager: Elizabeth Morales
(708) 551-4731

C1

Monday	Tuesday	Wednesday	Thursday	Friday
ZUMBA 3 Stuffed Cabbage Rolls Whipped Potatoes Carrots Applesauce Bread 	4 BBQ Chicken, scalloped potatoes, carrots, bun and peaches  	5 Breaded steak w/country gravy Mashed potatoes, carrots wheat roll w / margarine and fruit cocktail 	6 Sloppy Joe on wheat bun, OR Fish w/ creole sauce, corn, black bean onion salad and sliced cinnamon apples  	7 Bone in Chicken w/lemon oregano sauce, potato wedges, mixed veggies buttermilk biscuit w/margarine, pear and granola bar  
10 Stuffed Shells Meatballs Green Beans Garden Salad 	11 Grilled hamburger w/wheat bun, ketchup and mustard, potato salad, corn, and fruit cocktail 	12 Chicken Piccata, pasta, green beans, fruit juice, applesauce, roll w/ margarine 	13 BBQ beef, sweet potato cubes, baked beans, bun w/ margarine and Tropical fruit 	14 Father's Day Outting Doc's Smokehouse & Craft Bar 1420 B Calumet Ave. Dyer IN 46311 11:30am 
ZUMBA 17 Baked Chicken Traditional Stuffing Broccoli Fruit Cocktail Bread 	18 Pork cutlet w/pork gravy OR Lemon Pepper Tilapia, green beans, mashed potatoes, swirled rye bread w/ margarine, whole grain muffin and pears 	19 Chicken Marsala, rice, mixed veggies, wheat roll w/margarine, veggie salad, and peaches 	20 Grilled turkey burger, corn, potato wedges, macaroni salad, Bun ketchup & mustard and orange 	21 Swedish meatballs, rotini noddles, peas, multi-grain bread w/margarine coleslaw, and tropical fruit salad  
24 Sloppy Joe Potato Chips Carrots & Celery Pears Wheat Bun  	25 Chicken Pesto w/ cream sauce, Pasta, peas and carrots, wheat roll w/ margarine, royal bean salad and peaches 	26 Homemade Turkey and vegetable casserole, noddles, mixed veggies mushroom salad, cornbread w/ margarine and fruit juice 	27 Hot dog, wheat bun, ketchup and mustard, baked beans, potatoes Obiren and apple sauce 	28 Chicken Italiano w/ mozzarella and marinara sauce OR Mediterranean White Fish w/ herb Lemon sauce carrots, pasta, French bread w/ margarine and apple 
			<p>FOR YOUR SAFETY If you cannot eat your meal or if you are not ready to eat your meal when it is delivered, REFRIGERATE IT RIGHT AWAY PLEASE DON'T LEAVE YOUR FOOD SITTING OUT!</p>	 <p>Fat free or Low-fat milk with each meal</p> 

MENU SUBJECT TO CHANGE DUE TO AVAILABILITY OF ITEMS

Donation \$2.00

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