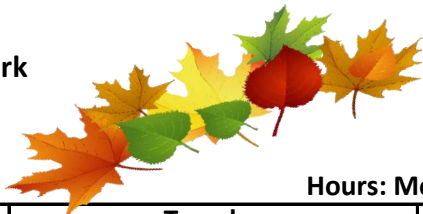


Community Nutrition Network

3140 Enterprise Park Ave
South Chicago Heights IL. 60411



SEPTEMBER



Café Manager: Elizabeth Morales
(708) 843-6229

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>CLOSED</p>	<p>3</p> <p>Bone-in chicken cacciatore w/ onions peppers and mushrooms, peas and pearl onions, pasta, roll w/ margarine cole slaw, and a orange</p>	<p>4</p> <p>Pork chop w/ mushroom gravy, au gratin potato, crinkle carrots w/ dill sauce, apple sauce, wheat bread margarine, oatmeal cookie</p>	<p>5</p> <p>Beef taco OR FISH taco with butter sauce, refried beans, spanish rice, corn salad, tortilla, pears</p>	<p>6</p> <p>Stuffed cabbage w/ red sauce, mashed potato, green beans, multigrain roll w/ margarine, fruit salad, oatmeal bar</p>
<p>9</p> <p>Meatloaf, whipped potatoes w/ gravy, corn, 3 bean salad, bread & butter</p>	<p>10</p> <p>Sweet Tangy meatballs, rice, mixed vegetables, coleslaw, wheat roll w/ margarine, pineapple</p>	<p>11</p> <p>Grilled Hamburger, bun, ketchup & mustard, O' brien potatoes, carrots w/ butter sauce, fruit cocktail</p>	<p>12</p> <p>Barbecue pulled pork, tater tots, baked beans, bun, apple</p>	<p>13</p> <p>Italian meatball sandwich w/ homemade red sauce, OR Citrus White FISH, pasta, peas, French bread, fruit salad</p>
<p>16</p> <p>Sloppy Joe, Potato chips, pears, Carrot & celery sticks, wheat bun</p>	<p>17</p> <p>Stuffed Green peppers OR Lemon Pepper White FISH, mashed potato, peas & carrots, sourdough roll w/ margarine, pear, cookie</p>	<p>18</p> <p>Italian sausage, w/ red sauce, spaghetti w/ marinara, italian green beans, broccoli salad, fruit salad, wheat bun</p>	<p>19</p> <p>Smoked Ham w/ cheddar sauce scalloped potatoes, corn, apple, hawaiian roll w/ margarine</p>	<p>20</p> <p>FALL BALL</p> <p>Prime rib w/ au jus, parsley potato, mixed vegetables, wheat bread w/ margarine, pineapple, oatmeal cookie</p>
<p>23</p> <p>Italian Chicken, Parsley potatoes, baby carrots, coleslaw, bread & butter</p>	<p>24</p> <p>Bratwurst, german potato salad, sweet sour red cabbage, bun w/ margarine, cinnamon apples, mustard</p>	<p>25</p> <p>Southern chicken w/ country gravy, rotini pasta, corn, corn bread w/ margarine, pineapple, beet salad</p>	<p>26</p> <p>Hot dog, wheat bun, ketchup & mustard, potato salad, baked beans, tropical fruit salad</p>	<p>27</p> <p>Chicken w/ Alfredo sauce OR FISH creole sauce, pasta w/ alfredo sauce, sliced carrots w/ butter sauce, 3 bean salad, multigrain roll w/ margarine peaches</p>
<p>30</p> <p>Stuffed Cabbage rolls, whipped potatoes w/ gravy, baby carrots, apple sauce, bread & butter</p>	<p>IN HONOR AND REMEMBRANCE</p>		<p>FOR YOUR SAFETY</p> <p>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>MENU SUBJECT TO CHANGE DUE TO AVAILABILITY OF ITEMS</p>				<p>Donation \$2.00</p>

Funds, in whole or in part, for this publication were provided through Age Options and Northeastern Illinois Area Agency on Aging under Title III of the Older Americans act as administered through the Illinois Department on Aging and the Federal Administration on Aging. Community Nutrition Network does not discriminate in admission to programs or treatment of employment in programs or activities in compliance with the Illinois Human Rights Act; the U.S. Civil Rights act' Section 504 of the Rehabilitation Act; the Age Discrimination Act; the Age Discrimination in Employment Act and the U.S. and Illinois Constitutions. If you feel you have been discriminated against, you have the right to file a complaint. For information, dial 1-800-252-8966 (voice & TDD) or contact the Director of Personnel at (312)207-5290