

16300 Alba St  
Lemont, IL 60439  
Phone: (630)-257-0515





# January 2019

**Community Nutrition Network**  
Hours: Monday Through Friday, 9:00am to 2:00pm  
Lunch Served at 11:30am



Lemont Café  
Café Manager: Jennifer Owen

Monday	Tuesday	Wednesday	Thursday	Friday
 	Closed For New Year's Day 	<b>1 Chicken Corn Chowder</b> <b>2</b> rotini pasta mixed vegetables wheat bread coleslaw apple	<b>Beef Taco</b> fiesta rice mexican beans flour tortilla tossed salad pineapple	<b>Chicken Divan or Baked Tilapia w/butter sauce</b> <b>4</b> rice peas juice wheat roll fruit salad
<b>Pepper Steak</b> <b>7</b> rice mixed vegetables beet salad wheat bun peaches	<b>German Style Pork Roast</b> <b>8</b> potato pancake dill carrots biscuit applesauce	<b>Maxwell Street Polish</b> <b>9</b> potato salad baked beans wheat bun pineapple	<b>Stuffed Peppers</b> <b>10</b> green beans tossed salad bread	<b>Meatloaf</b> <b>11</b> mashed potatoes succotash tropical fruit salad multigrain roll graham cracker
<b>Prime Rib</b> au gratin potatoes carrots multigrain bread peaches	<b>Stuffed Cabbage Rolls</b> <b>15</b> scalloped potatoes corn wheat roll orange cookie	<b>Italian Sausage in red sauce</b> <b>16</b> pasta peas whole grain roll broccoli salad apples	<b>Grecian Chicken</b> <b>17</b> vesuvio potatoes greek salad bread	<b>Lemon Chicken or Creole Whitefish</b> <b>18</b> mixed vegetables, rice peas salad muffin fruit salad
<b>21 Closed For Martin Luther King Day</b>	<b>Luau Pork or Lemon Pepper Fish</b> <b>22</b> island rice mixed vegetables royal bean salad hawaiian rolls mandarin oranges	<b>Southern Chicken w/gravy</b> <b>23</b> mashed photogates corn biscuit fruit salad oatmeal bar	<b>Turkey Tetrzzini</b> <b>18</b> noodles broccoli three bean salad bread	<b>Oriental Chicken</b> <b>25</b> mixed vegetables asian rice asian coleslaw wheat roll pineapple
<b>Mexican Chicken</b> <b>28</b> Mexican beans fiesta rice corn salad flour tortilla pears	<b>Chicken &amp; Sausage Casserole</b> <b>29</b> rice peas & carrots cajun coleslaw wheat bread tropical fruit salad	<b>Turkey Pot Pie</b> <b>30</b> mixed vegetables mashed potatoes muffin banana	<b>Sloppy Joes</b> <b>31</b> potato chips carrot & celery pears wheat bun	<b>Fat-Free or Low-Fat Milk With Each Meal</b>

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

**Fresh Bar \$3.25**

**Donations: \$3.00**

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