

May 2019


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

16300 Alba St
Lemont, IL 60439

Phone: (630)-257-0515

Lemont Café
Café Manager: Jennifer Owen



Monday	Tuesday	Wednesday	Thursday	Friday
Fat-Free or Low-Fat Milk With Each Meal		Greek Meatballs in lemon sauce 1 rice green beans coleslaw multigrain roll tropical fruit	Chicken Fajita 2 mexican black beans fiesta rice corn salad flour tortilla orange	Cheddarwurst or White Fish 3 scalloped potatoes mixed vegetables pineapple wheat bun
Breaded Steak w/country gravy 6 mashed potatoes peas & pearl onions biscuit fruit cocktail	Bone in Chicken w/Lemon Sauce 7 mixed vegetables potato wedges buttermilk biscuits fruit salad granola bar	Sloppy Joes 8 corn black bean onion salad sliced cinnamon apples wheat bun granola bar	Stuffed Cabbage 9 whipped potatoes baby carrots applesauce bread	BBQ Chicken 10 bun cheesy mashed potatoes peas & carrots peaches
BBQ Beef 13 sweet potato cubes baked beans bun tropical fruit salad	Ham w/orange ginger sauce 14 mashed potatoes carrots biscuit apple	Chicken Piccata 15 pasta fruit juice green beans roll applesauce	Lemon Chicken 16 wild rice pilaf broccoli coleslaw bread	Grecian Chicken or Tilapia w/piccata sauce 17 brown rice mixed vegetable 3 bean salad multigrain roll, pineapple
Chicken Marsala 20 rice mixed vegetables vegetable salad wheat roll peaches	Pork cutlet w/gravy or Tilapia lemon pepper 21 green beans mashed potatoes swirled rye bread whole grain muffin, pears	Turkey Burger 22 corn potato wedges macaroni salad wheat bun orange	Chicken Stir Fry 23 asian rice pineapples garden salad bread	Prime Rib 24 augratin potatoes carrots fruit salad multigrain roll
Closed For Memorial Day 27 	Turkey & Vegetable Casserole 28 noodles mixed vegetables mushroom salad fruit juice cornbread	Chicken w/pesto sauce 29 pasta peas & carrots royal bean salad wheat roll peaches	Chinese Pepper Steak 30 white rice garden salad mandrain oranges bread	Chicken Italiano or Mediterranean White Fish 31 carrots pasta french bread apple

MENU SUBJECT TO CHANGE DUE TO AVAILABILITY OF ITEMS

Donations: \$3.75

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