

# JUNE 2019

**Proviso Community Cafe**  
 Sharp Community Center  
 1609 N. 36th Avenue  
 Melrose Park, IL 60160

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

Manager: Laurie Madden  
 (708) 316-7488



Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 Catering By Diane 4</p> <p>Tuna salad on a croissant, minestrone soup, tossed salad w/ trimmings, beet salad, cottage cheese and fruit salad</p>	<p>3 Catering By Diane 4</p> <p>Stuffed Cabbage rolls, whipped potatoes w/gravy, baby carrots, bread w/butter and applesauce</p>	<p>5</p> <p>Spaghetti w/meatballs &amp; marinara sauce, green beans, french bread w/ margarine and fruit salad</p>	<p>6</p> <p>Sloppy Joe on wheat bun, OR Fish w/creole sauce, corn, black bean onion salad and sliced cinnamon apples</p>	<p>7</p> <p>Bone in Chicken w/lemon oregano sauce, potato wedges, mixed veggies buttermilk biscuit w/margarine, a pear and granola bar</p>
<p>10 Catering By Diane 11</p> <p>Ham w/orange ginger sauce, mashed potatoes, peas and carrots, biscuit w/margarine and pineapple</p>	<p>10 Catering By Diane 11</p> <p>Stuffed shells, meatballs, green beans, Italian bread w/butter and garden salad</p>	<p>12</p> <p>Grilled hamburger w/wheat bun, ketchup and mustard, potato salad, corn, and fruit cocktail</p>	<p>13</p> <p>BBQ beef w/bun, sweet potato cubes, baked beans, and tropical fruit</p>	<p>14</p> <p>Grecian chicken, OR Tilapia w/piccata sauce, brown rice, mixed vegetable 3-bean salad multigrain roll w/ margarine and an apple</p>
<p>17 Catering By Diane 18</p> <p>Prime rib w/au jus, au gratin potato, carrots, multigrain roll w/margarine, and fruit salad</p>	<p>17 Catering By Diane 18</p> <p>Baked bone-in chicken, traditional stuffing, broccoli, bread w/butter, and fruit cocktail</p>	<p>19</p> <p>Roast Beef n cheddar on an onion roll, Navy bean soup, tossed salad w/trimmings, veggie salad, peaches and Jell-O</p>	<p>20</p> <p>Grilled Turkey burger w/bun, Ketchup and mustard, potato wedges, corn, macaroni salad and an orange</p>	<p>21</p> <p>Swedish meatballs, rotini noodles, peas, multi-grain bread w/margarine coleslaw, and tropical fruit salad</p>
<p>24 Catering By Diane 5</p> <p>Turkey and Swiss on wheat bun, Split pea soup, tossed salad w/ trimmings, macaroni salad, cottage cheese and grapes</p>	<p>24 Catering By Diane 5</p> <p>Sloppy Joe on a wheat bun, potato chips, carrot and celery sticks, and pears</p>	<p>26</p> <p>Versuvio pork chop, versuvio potatoes, mixed veggies, sourdough roll w/margarine and grapes</p>	<p>27</p> <p>Hot dog w/wheat bun, ketchup and mustard, potatoes O'Brien, baked beans and applesauce</p>	<p>28</p> <p>Chicken Italiano w/mozzarella and marinara sauce OR Mediterranean White Fish w/herb Lemon sauce pasta, carrots, French bread w/ margarine and an apple</p>
<p><b>IT'S SUMMER!</b></p>		<p><b>FOR YOUR SAFETY</b></p> <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!</b></p>		<p><b>Fat free or Low-fat milk with each meal</b></p>

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

**Donation \$2.00**

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