

Proviso Community Café
 Sharp Community Center
 1609 N. 36th Avenue
 Melrose Park, IL 60160
 708-316-7488




SEPTEMBER 2019

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



Café Manager: Laurie Madden
 (708)316-7488

Monday	Tuesday	Wednesday	Thursday	Friday
2 Maxwell street Polish w/wheat bun & mustard, baked beans, potato salad, and pineapples 	3 Catering by Diane Meatloaf, whipped potatoes w/ gravy, corne kernels, bread w/ butter, and 3 bean salad 	4 Pork chop w/gravy, Au gratin potatoes, crinkle cut carrots w/dill butter sauce, wheat bread w/margarine, applesauce and oatmeal cookie 	5 Greater Chicago Food Depository Deli Bar..... 	6 Stuffed cabbage roll w/red sauce mashed potatoes, green beans, multi-grain roll w/margarine, fruit salad, and an oatmeal bar 
9 Roast turkey, stuffing, mashed potatoes, French cut green beans, roll w/margarine, and peaches 	10 Catering by Diane Sloppy Joe w/wheat bun, potato chips, carrot and celery sticks and pears 	11 SUN, SAND AND FOOD IN MY HAND End of Summer Blowout! 	12 Barbeque pulled pork w/bun, tator tots, baked beans, and an apple 	13 Italian meatball OR Citrus White fish, pasta, peas, French bread w/margarine, and tropical fruit salad 
16 Roast Beef and Cheddar on onion roll, navy bean soup, tossed salad, veggie salad, yogurt and p 	17 Catering by Diane Italian chicken, parsely potatoes, baby carrots, bread w/butter and cole slaw 	18 Italian sausage w/red sauce, spaghetti w/marinara, Italian green beans, wheat bun, broccoli salad, and fruit salad 	19 Smoked ham w/cheddar sauce, scalloped potatoes, corn, Hawaiian roll w/margarine, and apples 	20 Prime Rib w/au jus, parsley potatoes, mixed veggies, wheat bread w/margarine, pineapple, and an oatmeal cookie 
23 Chicken Salad on a bun, creamy chicken rice soup, tossed salad w/ trimmings, bean salad, cottage cheese and an orange 	24 Catering by Diane Sutfed cabbage rolls, whipped potatoes, baby carros, bread w/ butter and applesauce 	25 Turkey and Swiss on Wheat bun, split pea soup, tossed salad w/ trimmings, beet salad, yogurt and pineapples 	26 Hot dog on wheat bun w/mustard and ketchup, baked beans, potato salad and tropical fruit salad 	27 Chicken w/alfredo sauce OR Fish w/creole sauce, pasta w/alfredo sauce, sliced carrots w/butter sauce multi-grain roll w/margarine, 3 bean salad, and peaches 
30 Tuna salad w/croissant, minestrone soup, tossed salad w/trimmings, kidney bean salad, Jell-o and juice 	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!	Fat Free or 2% milk with each meal 	LABOR DAY 	

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