




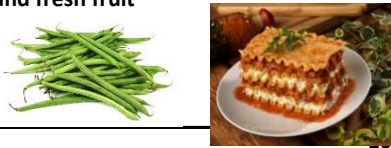



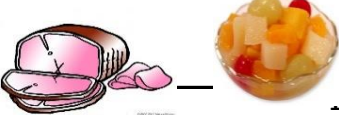


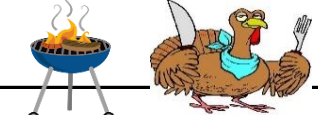








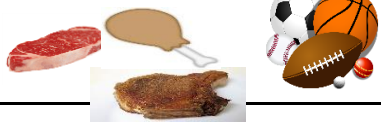





Proviso Community Café
 Sharp Community Center
 1609 N. 36th Avenue
 Melrose Park, IL 60160



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



Café Manager: Laurie Madden
 Phone number (708)316-7488

Monday	Tuesday	Wednesday	Thursday	Friday
2 Chicken parmesan, pasta, broccoli, cauliflower and applesauce 	3 Beef Lasagna, green beans, bread, and fresh fruit 	4 Chicken Fajita, rice, refried beans, and applesauce 	5 Sloppy Joe, potatoes w/peppers & onions, corn, and fresh fruit 	6 Tuna pasta salad, carrots, celery and ranch dip 
9 Baked ham, mashed sweet potatoes, green beans, bread and fruit cup 	10 Honey mustard chicken, mashed potatoes, carrots, corn, bread and applesauce 	11 Baked Ziti, corn, black beans, and a fruit cup 	12 Shredded BBQ Turkey, mashed potatoes braised greens, bread and a fruit cup 	13 Vegetarian chili, roasted potatoes, corn, and corn bread 
16 Beef Meatloaf, mashed potatoes, corn, bread and apple sauce 	17 Turkey Tetrazzini, green beans, carrots, and fresh fruit <i>Happy St. Patrick's Day!</i> 	18 Prime rib w/Au Jus, roasted potatoes, peas, bread and applesauce 	19 Bourbon chicken, brown rice, carrots, peas, and a fruit cup 	20 Tuna Fish Salad Sandwich, potato salad, and fruit cup 
23 Turkey ham sandwich, veggie pasta salad, broccoli w/ranch dip, bread, and fruit cup 	24 Chicken cacciatore, pasta, green beans, corn, and fresh fruit 	25 Meatballs w/bread, roasted sweet potatoes, and green beans 	26 Baked Chicken Drumettes, Mac & cheese, corn, peas and fresh fruit 	27 Egg Salad, coleslaw, crackers, and apple sauce 
30 Chicken salad w/crackers, cole slaw, and fresh fruit 	31 Beef polish sausage, w/hot dog bun, peppers and onions, herb potatoes, and a fruit cup 	Fat-free or Low-fat milk with each meal 		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! BE SAFE !!

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

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