

Community Nutrition Network & Senior Services Association

PHOENIX
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650 E Phoenix Center Drive
Phoenix, IL 60426
















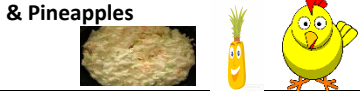


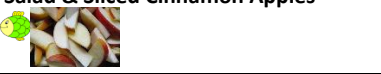


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Hours: Monday Through Friday, 8:00am to 2:00pm

JANUARY

22

Café Manager: Elizabeth Davalos
(708) 331-2408

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Mexican Chicken, Mexican Beans, Fiesta Rice, Corn Salad, Tortillas & Peas</p> 	<p>4</p> <p>Chili Dog-Hot Dog Topped W/Chili Con Carne, Baked Beans, Potato Salad, Wheat Bun & Pineapples</p> 	<p>5</p> <p>Chicken Ala King, Mixed Vegetables, Mashed Potato, Corn Bread, Graham Cracker</p> 	<p>6</p> <p>Grilled Turkey Burger, Ketchup & Mustard, Cheesy Potatoes, Corn & Peaches</p> 	<p>7</p> <p>Stuffed Cabbage Roll OR Lemon Pepper White Fish, Scalloped Potatoes, Corn, Wheat Roll & Peaches</p> 
<p>10</p> <p>Southern Chicken W/Country Gravy Mashed Pot W/Country Gravy, Corn Biscuit, Fruit Salad & Oatmeal Bar</p> 	<p>11</p> <p>Bone-In Lemon Chicken, Rice, mixed Vegetables, Pea Salad, Muffin & Fruit Cocktail</p> 	<p>12</p> <p>Italian Sausage W/Red Sauce, Pasta, Green Beans, Whole Grain Roll, Broccoli Salad, & Pineapples</p> 	<p>13</p> <p>Pork Cutlet W/Pork Gravy OR Creole White Fish, Carrots, Potato Wedge, Swirled Rye Bread, Apples & Muffin</p> 	<p>14</p> <p>Chicken Corn Chowder Casserole Rotini Pasta, Mixed Vegetables, Wheat Roll, Cole Slaw & Pears</p> 
<p><i>We will be Closed on MLK Day</i></p>	<p>18</p> <p>Ham W/Orange Ginger Sauce OR Mediterranean White Fish W/Lemon Sauce, Mashed Potatoes, Carrots, Roll, Tropical Fruit Salad & Graham Cracker</p> 	<p>19</p> <p>Sirloin Beef W/Au Jus, Au Gratin Potato, Mixed Vegetables, Multi Grain Roll & Peaches</p> 	<p>20</p> <p>Chicken & Sausage Casserole, Rice, Green Beans, Cajun Cole Slaw, Wheat Bread & Oranges</p> 	<p>21</p> <p>Turkey Pot Roast, Mashed Potato, Stew Vegetables, Royal Bean Salad, Sour Dough Roll & Fruit Salad</p> 
<p>24</p> <p>Chicken Italiano Bone-In/Red Sauce, Pasta, Green Beans, Wheat Roll & Sliced Apples</p> 	<p>25</p> <p>Oriental Chicken, Mixed Vegetables, Asian Rice, Asian Cole Slaw, Wheat Roll & Pineapples</p> 	<p>26</p> <p>Meatballs Vesuvio, Vesuvio Potato, Peas, Multi Grain Bread & Oatmeal Bar</p> 	<p>27</p> <p>German Style Roast Pork W/German Mushroom Gravy, Potato Pancake, Dill Carrots, Biscuit & Peaches</p> 	<p>28</p> <p>Sloppy Joes OR Mediterranean White Fish/Lemon Sauce, Corn, Kidney Bean Salad & Sliced Cinnamon Apples</p> 
<p>31</p> <p>Chicken Divan, Rice, Mixed Vegetables, Juice, Wheat Roll & Fruit Salad</p> 				<p>For your Safety, If you cannot eat all of your meal or if you are not ready to eat your meal, REFRIGERATE IT RIGHT AWAY! Do not leave it sitting out. Please be safe. Each meal served with</p> <p>Fat free OR low fat Milk </p>

MENU SUBJECT TO CHANGE DUE TO AVAILABILITY OF ITEMS

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 by the

Donation \$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