


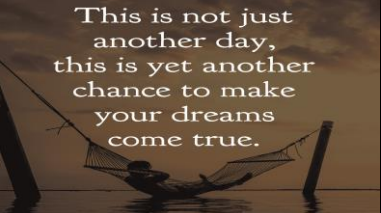





















Community Nutrition Network & Senior Services Association

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

PHOENIX
Home Delivered
650 E Phoenix Center Drive
Phoenix, IL 60426



Café Manager: Elizabeth Davalos
(708) 331-2408

Monday	Tuesday	Wednesday	Thursday	Friday
<p>FOR YOUR SAFTY </p> <p>If you cannot eat your meal or if you are not ready to eat your meal when it is delivered, REFRIGERATE IT RIGHT AWAY Do not leave sitting out</p> <p>Each meal is served with fat free OR low fat milk</p>	<p>This is not just another day, this is yet another chance to make your dreams come true.</p> 	<p><i>Happy Holidays</i></p> 	<p>1</p> <p>Chicken Breast Parmesan, Penne Pasta/Marinara, Squash Medley, Wheat Vienna, Chilled Peaches</p>  	
<p>4</p> <p>Sliced Bavarian Style Bratwurst, Diced Parslied Potatoe, Carrots, Rye Bread, Fresh Melon</p>  	<p>5</p> <p>Chicago Style Hot Dog, Wheat Hot Dog Bun, Tomato Lentil, Tossed Garden Salad, Cottage Cheese, Chocolate Pudding, Fresh Orange</p> <p><i>SALAD BAR</i></p>	<p>6</p> <p>Texas Chili, Mac & Cheese, Country Blend Vegetables, Multi Grain Bread, Fruit Cup</p>  	<p>7</p> <p>Christmas Party!! \$4.00</p> <p>Stuffed Chicken Breast, Mashed Potatoe W/Gravy, Green Beans, Fresh Fruit</p>	<p>8</p> <p>Baked Pollock W/Lemon Butter Sauce, Baked Potato, California Blend, Wheat Bread, Vanilla Mandarin Pudding</p>   
<p>11</p> <p>Slow Roasted Beef/Gravy, Mashed Pot Brussels Sprouts, Multi Grain Bread, Chilled Pears, Cookie</p>   	<p>12</p> <p>Meatball Marinara Sub Sandwich, Wheat French Roll, Bean Soup, Tossed Garden Salad, Cottage Cheese, Cheese Tortellini Pasta</p> <p><i>SALAD BAR</i></p>	<p>13</p> <p>Spaghetti & Meatball Marinara, Broccoli, Wheat Vienna, Chilled Pears</p>   	<p>14</p> <p>Egg Salad, Wheat French roll, Tomato Florentine, Tossed Garden Salad, Cottage Cheese, Cranberry Apple Sauce, Pea Salad</p> <p><i>SALAD BAR</i></p>	<p>15</p> <p>Surimi Crab Alfredo, Penne Pasta, Zucchini W/Red Peppers & Onions, Multi-Grain Dinner Roll, Fruit Cup</p>  
<p>18</p> <p>Baked Meatloaf W/Country Gravy, Cauliflower Mashed Potatoes, Mixed Veggies, Wheat Roll, Pineapple Tid Bite</p>   	<p>19</p> <p>Chicken Salad On Wheat Bun, Split Pea Tossed Garden Salad, Cottage Cheese, Sliced Peaches, Carrot Raisin Salad</p> <p><i>SALAD BAR</i></p>	<p>20</p> <p>Maple Mustard Glazed Chicken Thigh Scalloped Potatoes, Baked Bean Cass Wheat Bread, Fruit Jello</p>   	<p>21</p> <p>Bacon & Spinach Quiche, Multi Grain Dinner Roll, Vegetable Gumbo, Tossed Garden Salad, Cottage Cheese, Fruit Yogurt, Orange Smiles</p> <p><i>SALAD BAR</i></p>	<p>22</p> <p>Swedish Meatballs W/Gravy, Mashed Potatoes, Broccoli, Multi Grain Bread, Fresh Melon</p>   
<p><i>Merry Christmas</i></p> <p>We will be closed: Mon. Dec. 25th Tue. Dec. 26th</p> 		<p>27</p> <p>Salisbury Steak Gravy, Mashed Potatoe Corn, Multi-Grain Dinner Roll Pineapple Tid bits</p>    	<p>28</p> <p>Chicago Style Hot Dog, Wheat Hot Dog Bun, Vegetable Lentil, Tossed Garden Salad, Cottage Cheese, Banana, Potato Salad</p> <p><i>SALAD BAR</i></p>	<p>29</p> <p>Classic Lasagna W/Meat Sauce, Broccoli, Wheat Bread, Oatmeal Raisin Cookie</p>   
<p>MENU SUBJECT TO CHANGE DUE TO AVAILABILTY OF ITEMS</p>			<p>Donation \$3.00</p>	

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

