

Bellwood Café
 439 Bohland Ave
 Bellwood, IL. 60104
 224-446-5163

Days: Mondays-Fridays
 Hours: 8:30am- 1:30pm
 Lunch served : 1:30am-12:00pm
 Lunch Pick up 11:30am -1:30pm



**Community Nutrition Network &
 Senior Services Association**



Café Manager: Cyd Porter

JANUARY 2024

Monday	Tuesday	Wednesday	Thursday	Friday
HAPPY NEW YEAR	2 Stuffed Green Pepper Multi Grain Dinner Roll Lumberjack Soup Tossed Garden Salad Cottage Cheese Fruit Cup	3 Shaved Pork w/ Mediterranean Sauce Scalloped Potatoes Brussels Sprouts Multi Grain Bread Applesauce	4 Tuna Salad Sandwich Wheat French Roll Cream of Broccoli Tossed Garden Salad Carrot Raisin Salad Cottage Cheese, Mandarin Oranges	5 Grilled Chicken Sand- wich Lettuce & Tomato Garnish Cole Slaw Wheat Sandwich Bun Applesauce
8 Hot Roast Beef Mashed Potatoes Peas & Carrots Wheat Bread Fresh Orange	9 BBQ Riblet Oven Fries Black Beans & Corn Wheat Sandwich Bun Whole Apple	10 Roast Turkey w/ Cheddar Ale Sauce Vegetable Rice Pilaf Broccoli Biscuit, Cookie Chef's Fruit	11 Turkey Trio & Cheese Sub w/ Wheat Bun Split Pea Soup Tossed Garden Salad Pasta Salad Cottage Cheese, Banana	12 Chicken Breast Parmesan Penne Pasta/Marinara Squash Medley Chilled Peaches Wheat Vienna
CLOSED MARTIN LUTHER KING JR. DAY	16 Chicago Style Hot Dog Wheat Hot Dog Bun Tomato Lentil Soup Tossed Garden Salad Cottage Cheese Orange	17 Texas Chili Mac & Cheese Country Blend Vegetables Multi Grain Bread Fruit Cup	18 Stuffed Cabbage Roll Multi Grain Dinner Roll Minnesota Wild Rice Tossed Garden Salad Cottage Cheese Chilled Pears	19 Pastrami & Cheese Lettuce & Tomato Garnish Potato Salad Sandwich Bun Fruit Cup
22 Slow Roasted Beef/Gravy Mashed Potatoes Brussels Sprouts Multi Grain Bread Chilled Pears Cookie	23 Turkey Pot Roast/ Gravy Baked Potato Peas & Carrots Multi Grain Bread	24 Spaghetti & Meatball Marinara Broccoli Wheat Vienna Chilled Peaches	25 Surimi Crab Salad Mixed Greens & Tomato Pasta Salad Wheat Crackers Mandarin Oranges	26 <u>BirthDay Party</u> Pizza Pasta Salad Fruit Cup Cake & Ice cream Donation \$5
29 Baked Meatloaf w/Country Gravy Cauliflower Mashed Potatoes Mixed Vegetables Whole Wheat Roll Pineapple Tidbits	30 BBQ Pulled Pork Oven Fries Carrot Raisin Salad Wheat Sandwich Bun Warm Apple Crumble	31 Maple Mustard Glazed Chicken Thigh Scalloped Potatoes Baked Bean Casserole Wheat Bread Jello		For your safety, if you can- not eat all of your meal or if you are not ready to eat your meal, REFRIGERATE IT RIGHT AWAY!

Funds in whole or in part for this publication were provided through an award from Age Option under title 111 of the older Americans Act as administered through the Illinois Department on Aging and 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 Constitu-
 tions. If you feel you have discriminated against, you have the right to file a complaint. For information dial [1-800-252-8965](tel:1-800-252-8965) (Voice and TD

Menu subject to change due to availability of items. Funding in part is provided by Age Options.

Donation:\$3.00