

# January 2024

## Community Nutrition Network & Senior Services Association

**Lemont Community Café**  
**16300 Alba**  
**Lemont, IL 60439**

Days: Mondays-Fridays  
 Times: 10:00am-2:00pm  
 Phone: 630-257-0515

### Café

Café Manager: Stephanie Gasca

Monday	Tuesday	Wednesday	Thursday	Friday
	2 Spaghetti & Meatballs w/Marinara Sauce Mixed Salad Greens Multi-Grain Bread Warm Peach Cobbler Fruit Cup	3 <b>DELI BAR</b> Stuffed Green Pepper Multi-Grain Dinner Roll Lumberjack Soup Tossed Garden Salad Cottage Cheese Fruit Cup and Cookie	4 Baked Chicken and Gravy Mashed Potatoes Cauliflower and Red Pepper Wheat Bread Mandarin Oranges	5 Citrus Alaskan Pollock Vegetable Rice Pilaf Country Blend Vegetables Multi-Grain Dinner Roll Chick Pea Salad Fresh Melon
8 Hot Roast Beef Mashed Potatoes w/Gravy Peas and Carrots Wheat Bread Fresh Orange	9 BBQ Riblet Oven Fries Black Beans and Corn Wheat Sandwich Bun Whole Apple	10 Roast Turkey w/Cheddar Ale Sauce Vegetable Rice Pilaf Broccoli and Biscuit Fruit & Oatmeal Raisin Cookie	11 <b>DELI BAR</b> Turkey Trio and Cheese Sub Wheat Sandwich Bun Split Pea Soup and Pasta Salad Tossed Garden Salad Cottage Cheese and Banana	12 Chicken Breast Parmesan Penne Pasta w/Marinara Squash Medley Wheat Vienna Chilled Peaches
15 	16 Chicken Chardonnay Mashed Potatoes Broccoli Multi-Grain Bread Fresh Orange Chocolate Pudding	17 Texas Chili Mac and Cheese Country Blend Vegetables Multi-Grain Bread Fruit Cup	18 <b>DELI BAR</b> Stuffed Cabbage Roll Multi-Grain Dinner Roll Minnesota Wild Rice Soup Tossed Garden Salad Cottage Cheese and Pears Beet Salad	19 Baked Pollock w/Lemon Butter Sauce Baked Potato California Blend Vegetables Wheat Bread Vanilla Mandarin Pudding
22 Slow Roasted Beef w/Country Gravy Cauliflower Mashed Potatoes Mixed Vegetables Whole Wheat Roll	23 Turkey Pot Roast w/Gravy Baked Potato Peas and Carrots Multi-Grain Bread Banana	24 <b>DELI BAR</b> Meatball Marinara Sub Wheat French Roll Bean Soup and Cottage Cheese Tossed Garden Salad Cheese Tortellini Pasta	25 Chicken Tenders in Country Chicken Gravy Bread Stuffing and Pea Salad Sweet Potato Mashed Bean and Tomato Medley	26  Surimi Crab Alfredo Penne Pasta Zucchini w/Red Peppers & Onions Multi-Grain Dinner Roll Fruit Cup
29 Baked Meatloaf w/Country Gravy Cauliflower Mashed Potatoes Mixed Vegetables Whole Wheat Roll & Pineapple	30  BBQ Pulled Pork Oven Fries Carrot Raisin Salad Wheat Sandwich Bun Warm Apple Crumble	31 <b>DELI BAR</b> Chicken Salad Wheat Sandwich Bun Split Pea Soup, Cottage Cheese Tossed Garden Salad Peaches & Carrot Raisin Salad		For your safety, if you cannot eat all of your meal or if you are not ready to eat your meal, <b>REFRIDGERATE IT RIGHT AWAY!</b> Do not leave it sitting out. Each meal served with milk.

**MENU SUBJECT TO CHANGE DUE TO AVAILABILITY OF ITEMS**

**Suggested donation: \$3.00**

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 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




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## Activities

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Monday	Tuesday	Wednesday	Thursday	Friday
	2	3 DELI BAR! \$3.50 	4	5
8 BINGO @ 12:15 	9	10	11 DELI BAR! \$3.50 	12
15 	16	17	18 DELI BAR! \$3.50 	19
22 BINGO @ 12:15 	23 Arts and Crafts Day! Paints and canvases will be provided!	24 DELI BAR! \$3.50 	25	26
29 BINGO @ 12:15 	30	31 DELI BAR! \$3.50 		

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