

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

HDM

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 Shaved Pork w/Mediterranean Sauce Scalloped Potatoes Brussels Sprouts Multi-Grain Bread Applesauce	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 Western Eggs Hash Browned Potatoes Maple Glazed Pears Raisin Bread Cranberry Juice & 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 Veal Marsala Scalloped Potatoes Stewed Tomatoes Multi-Grain Bread Chilled 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 Spaghetti and Meatballs w/Marinara Broccoli Wheat Vienna Chilled Peaches	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 Maple Mustard Glazed Chicken Thigh Scalloped Potatoes Baked Bean Casserole Wheat Bread and Jell-O		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. Each meal served with milk.

MENU SUBJECT TO CHANGE DUE TO AVAILABILITY OF ITEMS

Suggested donation: \$3.75

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