







































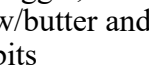




 <b>Monday</b> 	 <b>Tuesday</b>	 <b>Wednesday</b>	 <b>Thursday</b>	 <b>Friday</b>
<b>1. CLOSED</b> 	<b>2.</b> Spaghetti & meatballs w/marinara, mixed salad greens, multi-grain bread w/butter, warm peach cobbler and fruit cup  	<b>3.</b> Shaved pork w/Mediterranean sauce, scalloped potatoes, Brussel sprouts, multi-grain bread w/butter and apple sauce  	<b>4.</b> Tuna salad sandwich w/wheat French roll, cream of broccoli soup, tossed garden salad, carrot raisin salad, cottage cheese and mandarin oranges  	<b>5.</b> Grilled chicken sandwich w/lettuce & tomato on wheat sandwich bun, Cole slaw and applesauce  
<b>8.</b> Hot roast beef, mashed potatoes w/gravy, peas & carrots, wheat bread w/butter and an orange 	<b>9.</b> BBQ rib let w/wheat bun, oven fries, black beans and corn, and an apple  	<b>10.</b> Shaved Roast beef and cheese w/lettuce and tomato on wheat bun, soup, chips, cottage cheese and Chef's choice fruit  	<b>11.</b> Western Eggs, hash brown potatoes, maple glazed pears, raisin bread w/butter, cranberry juice, and a banana  	<b>12.</b> Chicken parmesan w/penne pasta and marinara, squash medley, wheat Vienna bread w/butter and chilled peaches  
<b>15. CLOSED</b> 	<b>16.</b> Chicago Style Hot Dog w/wheat hot dog bun, tomato lentil soup, tossed garden salad, cottage cheese, chocolate pudding and an orange  	<b>17.</b> Texas chili, mac n cheese, country blend veggies, multi-grain bread and fruit cup  	<b>18. Let's TACOABOUT the Weather....</b> <b>Beef tacos w/shells, Puerto Rican rice, Mexican Street Corn, fruit and dessert</b> <b>\$5.00 suggested donation</b> 	<b>19.</b> Baked Pollock w/ lemon butter sauce, baked potato, California blend veggies, wheat bread w/butter, vanilla mandarin pudding 
<b>22.</b> Slow roasted beef w/gravy, mashed potatoes, Brussel sprouts, multi-grain bread w/butter, chilled pears and a cookie  	<b>23.</b> Turkey pot roast w/gravy, baked potato, peas & carrots, multi-grain bread w/butter, chef's fruit and a banana  	<b>24.</b> Corned beef and cheese w/lettuce & tomato on multi-grain bread, Cole slaw and pineapple tidbits  	<b>25.</b> Chicken tenders in country chicken gravy, bread stuffing, mashed sweet potatoes, northern bean and tomato medley, pea salad and cran apple sauce  	<b>26.</b> BLT Chicken salad sandwich w/lettuce & tomato on whole wheat bread, potato salad and fruit cup  
<b>29.</b> Baked meatloaf w/country gravy, cauliflower mashed potatoes, mixed veggie, whole wheat roll w/butter and pineapple tidbits 	<b>30.</b> BBQ pulled pork w/wheat sandwich bun, oven fries, carrot raisin salad, warm apple crumble and Chef's Choice 	<b>31.</b> Shaved Turkey and cheese w/lettuce & tomato on marble rye bread, soup, chips, and chef's choice fruit  	For your safety, if you cannot eat all of your meal or if you are not ready to eat your meal, <b>REFRIGERATE IT RIGHT AWAY!</b> Do not leave it sitting out. Please be safe. Each meal served with milk	<b>Suggested Donation \$3.00</b> 

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 Constitutions. 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.

CNN Proviso Township  
Community Cafe  
1609 N. 36th Avenue  
Melrose Park, IL

Days: Mondays-Fridays  
Times: 8:00am-2:00pm  
Phone: (708)316-7488







**Community Nutrition Network  
& Senior Services Association**



**JANUARY 2024**

Manager:  
**LAURIE MADDEN**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1. <b>CLOSED</b></p> 	<p>2. 9:00am – Pickle Ball 10:00 Bingo 11:30 Lunch 11:45 Recipe of the Month 1:00 Coupon Exchange</p> <p><b>“What famous rock band traveled to England for a recording contract and were rejected?”</b></p>	<p>3. 9:00–Lean/ Mean walking club 10:00 Bingo 11:30 Lunch 12:00 Bingo</p> <p><b>“Festival of Sleep Day” Should we all take a nap?</b></p>	<p>4. 9:00am – Lean/ Mean walking club 10:00 Bingo 11:30 Lunch 12:00 Bingo 1:00 Sing-a-long <b>“National Spaghetti Day” where did spaghetti come from?</b></p>	<p>5. 9:00am – Pickle Ball 10:00 Bingo 11:30 Lunch 1:00 Social</p> <p><b>“National Bird Day” - Wear some feathers!</b></p>
<p>8. 9:00am – Lean &amp; Mean walking 10:00 Bingo 11:30 Lunch 12:00 Bingo 1:00 Movie– choice/popcorn</p> <p><b>“Bubble Bath Day” - Name a bubble bath product</b></p>	<p>9. 9:00am – Pickle Ball 10:00 Bingo 11:30 Lunch 11:45 Vary Your Protein Routine 1:00 Brain Games <b>The 37th President of the U.S. was born on this day! Who is it?</b></p>	<p>10. 9:00–Lean &amp; Mean walking 10:00 <b>BINGO BONANZA</b> 11:30 Lunch 12:00 <b>BINGO BONANZA</b></p> <p><b>“What is the #1 Movie on this day in 1951?</b></p>	<p>11. 9:00am – Lean &amp; Mean walking 10:00 Bingo 11:30 Lunch 12:00 Bingo 1:00 Pick Up Sticks <b>Speaking of going to the movies...How much did it cost to get in as a kid?</b></p>	<p>12. 9:00am – Pickle Ball 10:00 Bingo 11:30 Lunch 1:00 Social</p> <p><b>“Name the #1 song on this day in 1963”?</b></p>
<p>15. <b>CLOSED</b></p> 	<p>16. 9:00am – Pickle Ball 10:00 Bingo 11:30 Lunch 11:45 Get The Most From Your Food 1:00 LCR <b>“What “storm” was started on this day in 1991?</b></p>	<p>17. 9:00am–Lean &amp; Mean walking 10:00 Bingo 11:30 Lunch 12:00 Bingo <b>“Ditch Your New Year’s Resolution Day” - take the day off but you have to tell us what it was</b></p>	<p>18. 9:00am – Lean &amp; Mean club <b>10:00 Let’s Taco About the Weather Party</b> 11:30 Lunch 12:00 Bingo 1:00 Board Games</p>	<p>19. 9:00am – Pickle Ball 10:00 Bingo 11:30 Lunch 1:00 Social</p> <p><b>“National Tin Can Day” - bring in a can of food for the pantry</b></p>
<p>22. 9:00am – Lean &amp; Mean walking 10:00 Bingo 11:30 Lunch 12:00 Bingo 1:00 Movie– choice/popcorn <b>“National Blonde Brownie Day” - Any kind a brownie is</b></p>	<p>23. 9:00am – 10:00 Bingo 11:30 Lunch 11:45 Be Sodium Savvy 1:00 Trivia <b>“Measure Your Feet Day” - Guess the size and win a prize</b></p>	<p>24. 9:00am – Lean &amp; Mean club 10:00 BINGO 11:30 Lunch 12:00 BINGO</p> <p><b>“Compliment Day” - Compliment someone and get a prize!</b></p>	<p>25. 9:00am – Lean &amp; Mean club 10:00 Bingo 11:30 Lunch 12:00 Bingo 1:00 Puzzles <b>“Opposite Day” - wear your clothes inside out</b></p>	<p>26.9:00am – Pickle Ball 10:00 Bingo 11:30 Lunch 1:00 Social</p> <p><b>“Happy Birthday to .....famous talk show host”</b></p>
<p>29. 9:00am – Lean &amp; Mean club/ 10:00 Bingo 11:30 Lunch 12:00 Bingo 1:00 Movie– choice/popcorn</p> <p><b>“National Puzzle Day” - let’s do a word search</b></p>	<p>30. 9:00am – Lean &amp; Mean walking 10:00 Bingo 11:30 Lunch 11:45 Haven’t Been Active? 1:00 Dance Party <b>“Who was assassinated on this day in 1948”?</b></p>	<p>31. 9:00am – Lean &amp; Mean club/ 10:00 <b>BINGO BASH</b> 11:30 Lunch 12:00 <b>BINGO BASH</b></p> <p><b>“Backwards Day” wear your clothes backwards</b></p>		
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