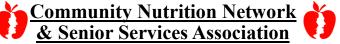
CNN Proviso Community Café

1609 N. 36th Avenue Melrose Park, IL 60160 Days: Mondays-Fridays Times: 8:00am-2:00pm

Phone: 708-316-7488



JANUARY 2023

CNN Manager: Laurie Madden



Wednesday **Thursday Tuesday Monday** Friday 2. Spaghetti & meatballs 3. Shaved pork 4. Baked chicken w/ gravy, 5. Citrus Alaskan Pollock, **CLOSED** mashed potatoes, cauliflower w/marinara, mixed salad w/Mediterranean sauce, scalveggie rice pilaf, California w/red pepper flakes, wheat greens, multi-grain bread loped potatoes, Brussel blend veggies, multi-grain w/butter, warm peach cobsprouts, multi-grain bread bread w/butter and mandarin dinner roll w/butter, chick bler and fruit cup w/butter and apple sauce pea salad and fresh melon oranges 8. Hot roast beef, mashed 9. BBO rib let w/wheat bun, 10. Roast turkey w/cheddar 11. Western Eggs, hash oven fries, black beans and ale sauce, veggie rice pilaf, potatoes w/gravy, peas & brown potatoes, maple glazed broccoli, biscuit w/butter, pears, raisin bread w/butter, carrots, wheat bread corn, and an apple w/butter and an orange chef's fruit and an oatmeal cranberry juice, and a banana Vienna bread w/butter and chilled peaches raisin cookie 16. Chicken chardonnay, 17. Texas chili, mac n **CLOSED** 18. Veal Marsala, scalloped 15. mashed potatoes, broccoli, cheese, country blend vegpotatoes, stewed tomatoes, multi-grain bread, chocolate gies, multi-grain bread and multi-grain bread w/butter, pudding and a fresh orange beet salad and chilled pears fruit cup

22. Slow roasted beef w/gravy, mashed potatoes, Brussel sprouts, multi-gran bread w/butter, chilled pears

and a cookie

23. Turkey pot roast w/gravy, baked potato, peas & carrots, multi-grain bread w/butter, chef's fruit and a banana



w/marinara, broccoli, white bread w/butter, and peaches

24. Spaghetti & meatballs



For your safety, if you cannot eat all of your meal or if you are not ready to eat your meal,

25. Chicken tenders in

apple sauce

country chicken gravy, bread

stuffing, mashed sweet pota-

toes, northern bean and toma-

to medley, pea salad and cran

REFRIGERATE IT RIGHT AWAY! Do not leave it sitting out. Please be safe. Each meal served with milk

12. Chicken parmesan w/penne pasta and marinara, squash medley, wheat

19. Baked Pollock w/ lemon butter sauce, baked potato, California blend veggies, wheat bread w/butter. vanilla mandarin pudding



26. Surimi crab alfredo w/penne pasta, zucchini w/red peppers, Chef's choice veggies, multi-grain dinner roll w/butter and fruit cup

> **Suggested Donation** \$2.00



29. Baked meatloaf w/country gravy, cauliflower mashed potatoes, mixed veggie, whole wheat roll w/butter and pineapple tid bits

30. BBQ pulled pork w/wheat sandwich bun, oven fries, carrot raisin salad. warm apple crumble and Chef's Choice

31. Maple mustard glazed chicken thigh, scalloped potatoes, baked bean casserole. wheat bread w/butter and

Jell-O w/fruit

Funds in whole or in part for this publication were provided through an ward 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 tight to file a complaint. For information dial 1-800-252-8965 (Voice and TD Menu subject to change due to availability of items. Funding in part is provided by Age Options.