

March 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
For your safety, if you cannot eat all of your meal or if you are not ready to eat your meal, REFRIDGERATE IT RIGHT AWAY! Do not leave it sitting out. Each meal served with milk.				1 Baked Pollock w/Lemon Butter Sauce Baked Potato California Blend Vegetables Wheat Bread Vanilla Mandarin Pudding
4 Slow Roasted Beef w/Gravy Mashed Potatoes Brussels Sprouts Multi-Grain Bread Chilled Pears and Cookie	5 Turkey Pot Roast w/Gravy Baked Potato Peas and Carrots Multi-Grain Bread Fruit and Banana	6 DELI BAR Meatball Marinara Sub Bean Soup Tossed Garden Salad Cottage Cheese Cheese Tortellini Pasta	7 Chicken Tenders w/Country Chicken Gravy Bread Stuffing and Sweet Potatoes Bean and Tomato Medley Cranberry Applesauce	8  Surimi Crab Alfredo Penne Pasta Zucchini w/Red Pepper & Onion Multi-Grain Dinner Roll Fruit Cup
11 Baked Meatloaf w/Country Gravy Cauliflower Mashed Potatoes Mixed Vegetables Whole Wheat Roll Pineapple Tidbits	12 BBQ Pulled Pork Oven Fries Carrot Raisin Salad Wheat Sandwich Bun Warm Apple Crumble	13 DELI BAR Chicken Salad Sandwich Split Pea Soup Tossed Garden Salad Cottage Cheese Carrot Raisin Salad Sliced Peaches	14 HOLIDAY MEAL Irish Stew w/Peas, Onions, Carrots, & Celery Whole Irish Potatoes Steamed Cabbage Dinner Roll Leprechaun Pistacio Pudding	15 Cheese Omelette Hashbrowned Potatoes Whole Wheat Biscuit Apple Juice Fruit Yogurt Fresh Orange
18 Roast Pork and Gravy Au Gratin Potatoes Peas and Carrots Wheat Bread Whole Apple	19 Cheddar Broccoli Chicken Rice Casserole Cauliflower Whole Wheat Roll and Pea Salad Pear and Cranberry Crumble	20 DELI BAR Cheeseburger Tomato Soup Tossed Garden Salad Cottage Cheese & Sliced Pears Pea Salad	21 Hot Dog Oven Fries Bean Casserole Wheat Hot Dog Bun Banana and Melon	22 Classic Lasagna w/Marinara Broccoli Chef's Choice Vegetable Wheat Bread Oatmeal Raisin Cookie
25 Roast Turkey and Gravy Baked Sweet Potatoes Mixed Vegetables Bread Stuffing Fruit	26 Spaghetti and Meatballs w/Marinara Mixed Salad Greens Multi-Grain Bread Warm Peach Cobbler	27 DELI BAR Stuffed Green Pepper Lumberjack Soup Tossed Garden Salad Cottage Cheese Fruit Cup and Cookie	28 Baked Chicken w/Gravy Mashed Potatoes Cauliflower w/ Red Peppers Mandarin Oranges	29 Citrus Alaskan Pollock Vegetable Rice Pilaf Country Blend Vegetables Multi-Grain Dinner Roll Chick Pea Salad and Fresh Melon

MENU SUBJECT TO CHANGE DUE TO AVAILIBTY 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

Café Manager: Stephanie Gasca

Monday	Tuesday	Wednesday	Thursday	Friday
				1
4 BINGO @ 12:15 	5	6 DELI BAR! \$3.50 	7 Arts and Crafts Day! Paints and canvases will be provided! Hosted By: CNN	8
11 BINGO @ 12:15 	12 Movie Day! starts @ 11am Enjoy lunch with your friends and watch a featured movie! Movie: TBD Hosted By: CNN	13 DELI BAR! \$3.50 	14 Lunch & Learn! Cub Presentation Hosted By: Lemont Township	15 Lucky Day Bingo \$10 Hosted By: Lemont Township
18 BINGO @ 12:15 	19	20 DELI BAR! \$3.50 	21	22
25 BINGO @ 12:15 	26	27 DELI BAR! \$3.50 	28 Easter Egg-Stravaganza Bingo Bash! Suggested Donation: \$8 Hosted By: CNN	29

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