

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

HDM

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, REFRIGERATE IT RIGHT AWAY! Do not leave it sitting out. Each meal served with milk.				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 Spaghetti and Meatballs w/Marinara Broccoli Wheat Vienna Bread Chilled Peaches	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 Maple Mustard Glazed Chicken Thigh Scalloped Potatoes Baked Bean Casserole Wheat Bread Fruit Jell-O	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 Salisbury Steak w/Gravy Mashed Potatoes Corn Multi-Grain Dinner Roll Pineapple Tidbits	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 Shaved Pork w/Mediterranean Sauce Scalloped Potatoes Brussels Sprouts Applesauce and Bread	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 AVAILABILITY OF ITEMS

Suggested donation: \$3.75

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