CNN Proviso Township Community Cafe 1609 N. 36th Avenue Melrose Park, IL Days: Mondays-Fridays Times: 8:00am-2:00pm Phone: (708)316-7488



MARCH 2024

Manager:

LAURIE MADDEN

Monday	Tuesday	Wednesday	Thursday	Friday
COME JOIN US FOR LUNCH AND FUN! WE'D LOVE TO HAVE YOU!!		SPRINGS	St Patricks HAPPY Day	1. 9:00am – Pickle Ball 10:00 Bingo 11:30 Lunch 12:00 Bingo 1:00 Social What was the #1 movie on this day in 1963?"
4. 9:00am Lean & Mean club 10:00 Bingo 11:30 Lunch 12:00 Bingo 1:00 Movie-choice/popcorn "Who proclaimedWe (Beatles) are more popular than Jesus"	5. 9:00am – Pickle Ball 10:00 Bingo 11:30 Lunch 11:45 No Choice is Too Small 1:00 Dance Party Knute Rockne's Birthday today. What team did he coach?	6. 9:00am – Lean/ Mean club 10:00 Bingo 11:30 Lunch 12:00 Bingo " Dentist Day!" - Did you brush? Wear a smile!	7. 9:00am – Lean & Mean club 10:00 Bingo 11:30 Lunch 12:00 Bingo 1:00 Uno "Who was the U.S. President on this day in 1972?"	8. 9:00am – Pickle Ball 10:00 Bingo 11:30 Lunch 12:00 Bingo 1:00 Social "March Birthstone is Aquamarine" - wear your prettiest blue
11. 9:00am Lean & Mean club 10:00 Bingo 11:30 Lunch 12:00 Bingo 1:00 Movie-choice/popcorn "Harrison Ford starred in this #I Movie on this day?"	12. 9:00am – Pickle Ball 10:00 Bingo 11:30 Lunch 11:45 Cook Low & Slow 1:00 Horse Race Game "What organization was founded on this day in 1912?" On my honor, I will try to serve	13. 9:00am – Lean/ Mean club 10:00 Bingo 11:30 Lunch 12:00 Bingo "Bobby Thomson of the Braves breaks his ankle and is replaced by	14. 9:00am – Lean & Mean club 10:00 BINGO BONANZA 11:30 Lunch 12:00 BONANZA CONT'D 1:00 Trivia "National PI Day"! \$1.00 a slice	15. 9:00am – Pickle Ball 10:00 Bingo 11:30 Lunch 12:00 Bingo 1:00 Social "Wear some sunglasses"
18. 9:00am – Lean & Mean club 10:00 Bingo 11:30 Lunch 12:00 Bingo 1:00 Movie– choice/popcorn "What Queen has a Birthday today?"	19. 9:00am – Pickle Ball 10:00 Bingo 11:30 Lunch 11:45 Give Lettuce Wraps a Try 12:00 Bingo 1:00 Brain games "Let's Laugh Day" We love to do this!	20. 9:00am – Lean and Mean walking club 10:00 Bing 11:30 Lunch 12:00 Bingo First Day of Spring" - wear pas- tel colors	21. 9:00am - Lean & Mean club 10:00 All that Glitters is Green 11:30 Lunch—Corn Beef, cabbage, potatoes, carrots, rye or Irish soda bread, and dessert Wear your GREEN!	22. 9:00am – Pickle Ball 10:00 Bingo 11:30 Lunch 12:00 Bingo 1:00 Social "Waffle Day" – wear brown \$2.00 waffle ice cream sammies
25. 9:00am Lean & Mean club 10:00 Bingo 11:30 Lunch 12:00 Bingo 1:00 Movie-choice/popcorn "What is the zodiac sign for this day?"	26. 9:00am – Lean & Mean walking 10:00 Bingo 11:30 Lunch 11:45—Pack A Snack 12:00 Bingo 1:00 Puzzles Inside out day—wear your clothes inside out!	27. 9:00am – Lean/ Mean club 10:00 BINGO BASH 11:30 Lunch 12:00 BASH continued "#1 song on this day by the Bee Gees?"	28. 9:00am - Lean/ Mean club 10:00 Bingo 11:30 Lunch 12:00 BINGO 1:00 LCR "Something on a Stick Day"	29. 9:00am – Pickle Ball 10:00 Bingo 11:30 Lunch 12:00 Bingo 1:00 Social "What popular soft drink was invented on this day in 1886?"

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.

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Community Nutrition Network& Senior Services Association

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CNN Manager: Laurie Madden

Melrose Park, IL 60160



not 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. Please be safe. Each meal served with milk

low fat milk

Fat free or low fat milk with each meal

Tuesday







Friday

1. Pastrami & cheese w/lettuce & tomato on rye bread, carrot raisin salad and Mandarin oranges

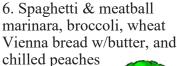




4. Slow roasted beef w/gravy, mashed potatoes, Brussel sprouts, multi-grain bread w/butter, chilled pears and a cookie



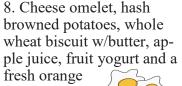
5. Meatball marinara sub samie on wheat French roll. bean soup, tossed garden salad, cheese tortellini pasta salad, cottage cheese and peaches





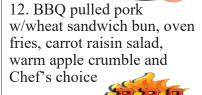
7. Chicken tenders w/chicken country gravy, bread stuffing, mashed sweet potatoes, northern bean & tomato medley, pea salad and cran applesauce

Thursday





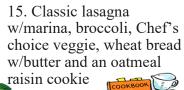
11. Baked meatloaf w/country gravy, cauliflower mashed potatoes, mixed veggies, whole wheat roll w/butter and pineapple tid bits

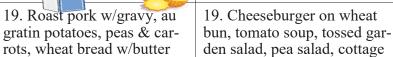


13. Shaved turkey & cheese w/lettuce & tomato on multigrain bread, pea salad, and chilled peaches



14. Irish Stew w/peas, onions, carrots & celery, whole Irish potatoes, steamed cabbage, dinner roll w/butter, leprechaun pistachio pudding



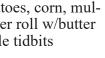






20. Salisbury steak w/gravy, mashed potatoes, corn, multi-grain dinner roll w/butter and pineapple tidbits







21. ALL THAT GLITTERS

Corned beef, cabbage, potatoes, carrots, rve or Irish soda bread and dessert donation: \$7 22. Hot dog w/wheat bun, oven fries, bean casserole, fresh melon and banana





25. Roast turkey w/gravy, bread stuffing, baked sweet potatoes, mixed veggies, and Chef's fruit

and an apple



26. Chicken salad sandwich on wheat bun, cream of potato soup, tossed garden salad, 3 bean salad, cottage cheese and an apple



27. Shaved roast beef & cheese w/lettuce and tomato on rye bread, soup, potato salad, and pineapple tidbits





28. Turkey trio & cheese sub same on wheat bun, split pea soup, tossed garden salad, pasta salad, cottage cheese and a banana





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