

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



**MARCH 2024**

Manager:  
**LAURIE MADDEN**

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

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>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 low fat milk.</p>	<p>Fat free or low fat milk with each meal</p> <p>Suggested Donation \$3.00</p>			<p>1. Pastrami &amp; cheese w/lettuce &amp; tomato on rye bread, carrot raisin salad and Mandarin oranges</p> 
<p>4. Slow roasted beef w/gravy, mashed potatoes, Brussel sprouts, multi-grain bread w/butter, chilled pears and a cookie</p> 	<p>5. Meatball marinara sub samie on wheat French roll, bean soup, tossed garden salad, cheese tortellini pasta salad, cottage cheese and peaches</p> 	<p>6. Spaghetti &amp; meatball marinara, broccoli, wheat Vienna bread w/butter, and chilled peaches</p> 	<p>7. Chicken tenders w/chicken country gravy, bread stuffing, mashed sweet potatoes, northern bean &amp; tomato medley, pea salad and cran applesauce</p> 	<p>8. Cheese omelet, hash browned potatoes, whole wheat biscuit w/butter, apple juice, fruit yogurt and a fresh orange</p> 
<p>11. Baked meatloaf w/country gravy, cauliflower mashed potatoes, mixed veggies, whole wheat roll w/butter and pineapple tid bits</p> 	<p>12. BBQ pulled pork w/wheat sandwich bun, oven fries, carrot raisin salad, warm apple crumble and Chef's choice</p> 	<p>13. Shaved turkey &amp; cheese w/lettuce &amp; tomato on multi-grain bread, pea salad, and chilled peaches</p> 	<p>14. Irish Stew w/peas, onions, carrots &amp; celery, whole Irish potatoes, steamed cabbage, dinner roll w/butter, leprechaun pistachio pudding</p> 	<p>15. Classic lasagna w/marina, broccoli, Chef's choice veggie, wheat bread w/butter and an oatmeal raisin cookie</p> 
<p>19. Roast pork w/gravy, au gratin potatoes, peas &amp; carrots, wheat bread w/butter and an apple</p> 	<p>19. Cheeseburger on wheat bun, tomato soup, tossed garden salad, pea salad, cottage cheese and sliced pears</p> 	<p>20. Salisbury steak w/gravy, mashed potatoes, corn, multi-grain dinner roll w/butter and pineapple tidbits</p> 	<p>21. <b>ALL THAT GLITTERS IS GREEN!!</b> <b>ST.PATRICK'S DAY PARTY!</b> Corned beef, cabbage, potatoes, carrots, rye or Irish soda bread and dessert <b>donation: \$7</b></p>	<p>22. Hot dog w/wheat bun, oven fries, bean casserole, fresh melon and banana</p> 
<p>25. Roast turkey w/gravy, bread stuffing, baked sweet potatoes, mixed veggies, and Chef's fruit</p> 	<p>26. Chicken salad sandwich on wheat bun, cream of potato soup, tossed garden salad, 3 bean salad, cottage cheese and an apple</p> 	<p>27. Shaved roast beef &amp; cheese w/lettuce and tomato on rye bread, soup, potato salad, and pineapple tidbits</p> 	<p>28. Turkey trio &amp; cheese sub same on wheat bun, split pea soup, tossed garden salad, pasta salad, cottage cheese and a banana</p> 	<p>29. <b>CLOSED</b></p> 

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