CNN Proviso Community Café

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

Phone: 708-316-7488



MARCH 2024

CNN Manager: Laurie Madden

Wednesday **Thursday** Tuesday Monday For your safety, if you can-Fat free or low fat milk with not eat all of your meal or if you each meal are not ready to eat your meal, REFRIGERATE IT RIGHT AWAY! Do not leave it sitting

Suggested Donation \$2.00

5. Turkey pot roast w/gravy,

baked potato, peas & carrots,



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

Friday





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

out. Please be safe. Each meal served with milk

low fat milk





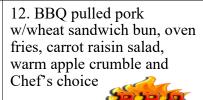
6. Spaghetti & meatball marinara, broccoli, wheat Vienna bread w/butter, and chilled peaches



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

8. Subrimi Crab alfredo w/penne pasta, zucchini w/red peppers & onion, Chef's choice veggie, multi-grain dinner roll and a fruit cup

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



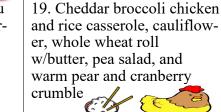
13. Maple glazed chicken thigh, scalloped potatoes, baked bean casserole, wheat bread w/butter and fruit Jell-O 😂



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

15. Cheese omelet, hash browned potatoes, whole wheat biscuit w/butter, apple juice, fruit yogurt and a fresh orange

19. Roast pork w/gravy, au gratin potatoes, peas & carrots, wheat bread w/butter and an apple



26. Spaghetti & meatballs

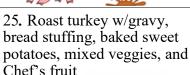
20. Salisbury steak w/gravy, mashed potatoes, corn, multi-grain dinner roll w/butter and pineapple tidbits

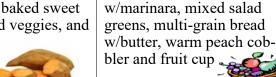


21. Hot dog w/wheat bun, oven fries, bean casserole, fresh melon and banana



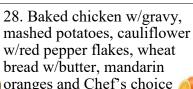
22. Classic lasagna w/marina, broccoli, Chef's choice veggie, wheat bread w/butter and an oatmeal raisin cookie







27. Shaved pork w/Mediterranean sauce. scalloped potatoes, Brussel sprouts, multi-grain bread w/butter, and applesauce



29. Citrus Alaskan Pollock. veggie rice pilaf, country blend veggies, multi-grain dinner roll w/butter, chick pea salad and fresh melon

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.