

CNN Proviso Community
Café
1609 N. 36th Avenue
Melrose Park, IL 60160

Days: Mondays-Fridays
Times: 8:00am-2:00pm
Phone: 708-316-7488

Community Nutrition Network & Senior Services Association

MARCH 2024

CNN Manager: Laurie Madden

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, REFRIGERATE IT RIGHT AWAY! 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 \$2.00</p>			<p>1. Baked Pollock /w lemon butter sauce, baked potato, California blend veggies, wheat bread w/butter and vanilla mandarin pudding</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. Turkey pot roast w/gravy, baked potato, peas & carrots, multi-grain bread w/butter, banana, and Chef's fruit</p> 	<p>6. Spaghetti & 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 & tomato medley, pea salad and cran applesauce</p> 	<p>8. Subrimi Crab alfredo w/penne pasta, zucchini w/red peppers & onion, Chef's choice veggie, multi-grain dinner roll and a fruit cup</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. Maple glazed chicken thigh, scalloped potatoes, baked bean casserole, wheat bread w/butter and fruit</p> 	<p>14. Irish Stew w/peas, onions, carrots & celery, whole Irish potatoes, steamed cabbage, dinner roll w/butter, leprechaun pistachio pudding</p> 	<p>15. Cheese omelet, hash browned potatoes, whole wheat biscuit w/butter, apple juice, fruit yogurt and a fresh orange</p> 
<p>19. Roast pork w/gravy, au gratin potatoes, peas & carrots, wheat bread w/butter and an apple</p> 	<p>19. Cheddar broccoli chicken and rice casserole, cauliflower, whole wheat roll w/butter, pea salad, and warm pear and cranberry crumble</p> 	<p>20. Salisbury steak w/gravy, mashed potatoes, corn, multi-grain dinner roll w/butter and pineapple tidbits</p> 	<p>21. Hot dog w/wheat bun, oven fries, bean casserole, fresh melon and banana</p> 	<p>22. Classic lasagna w/marina, broccoli, Chef's choice veggie, wheat bread w/butter and an oatmeal raisin cookie</p> 
<p>25. Roast turkey w/gravy, bread stuffing, baked sweet potatoes, mixed veggies, and Chef's fruit</p> 	<p>26. Spaghetti & meatballs w/marinara, mixed salad greens, multi-grain bread w/butter, warm peach cobbler and fruit cup</p> 	<p>27. Shaved pork w/Mediterranean sauce, scalloped potatoes, Brussel sprouts, multi-grain bread w/butter, and applesauce</p> 	<p>28. Baked chicken w/gravy, mashed potatoes, cauliflower w/red pepper flakes, wheat bread w/butter, mandarin oranges and Chef's choice</p> 	<p>29. Citrus Alaskan Pollock, veggie rice pilaf, country blend veggies, multi-grain dinner roll w/butter, chick pea salad and fresh melon</p> 

Funds in whole or in part for this publication were provided through an award 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 right to file a complaint. For information dial [1-800-252-8965](tel:1-800-252-8965) (Voice and TD)

Menu subject to change due to availability of items. Funding in part is provided by Age Options.