

Schaumburg CNN Senior
Café @ The Barn
231 S. Civic Drive
Schaumburg, 60193

Days: Mondays-Fridays
Times: 10:00am-2:00pm
Phone: 847-524-7496



Community Nutrition Network & Senior Services Association



March 2024

CNN Café Manager: Caitlin Wilson
Senior Services Manager: Marina Lvovich

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. Please be safe. Each meal served with fat free or low fat milk.	**Food Orders are Placed Every Monday for the Following Week**	ToGo Meals Available Daily 12:15 AM- 1:30 PM Frozen Meals Available Monday's 12:15 AM- 1:30 PM Lunch Served at Noon Registration Begins Monday, February 26th		1. Baked Pollock w/ Lemon Butter Sauce Baked Potato California Blend Wheat Bread Vanilla Mandarin Pudding
4. Café Zupa's \$5.00 Nourish Bowl (Arugula & Wild Rice Blend, Roasted Chicken, Roasted Sweet Potatoes, Roasted Cauliflower, Sliced Apples, Grapes, Goat Cheese, Pistachios with Balsamic Vinaigrette) Chocolate Dipped Strawberry	5. FRESH BAR Meatball Marinara Sub Wheat French Roll Bean Soup, Tossed Garden Salad, Cottage Cheese, Chef's Choice, Cheese Tortellini Pasta	6. Spaghetti & Meatball Marinara Broccoli Wheat Vienna Chilled Pears	7. Chicken Tenders in Country Chicken Gravy Bread Stuffing Sweet Potato Mashed Northern Bean & Tomato Medley Cran-Applesauce Pea Salad	8. Surimi Crab Alfredo Penne Pasta Zucchini w/ Peppers & Onions Chef's Choice Vegetable Multi-Grain Dinner Roll Fruit Cup
11. Manny's Burrito Express \$5.00 Taco Salad w/ Beef (Beans, Lettuce, Tomato) Rice Fruit	12. FRESH BAR Chicken Salad on Wheat Sandwich Bun Split Pea Soup, Tossed Garden Salad, Cottage Cheese, Sliced Peaches Carrot Raisin Salad	13. Maple Mustard Glazed Chicken Thigh Scalloped Potatoes Baked Bean Casserole Wheat Bread Fruit Jell-O	14. Irish Stew w/ Peas, Onions, Carrots & Celery Whole Irish Potatoes Steamed Cabbage Dinner Roll Leprechaun Pistachio Pudding	15. Nana's Hot Dog's \$5.00 Pepper and Egg Sandwich Cheddar and Broccoli Soup Fruit
18. Chick Fil A \$5.00 Chicken Sandwich Chips Cookie Fruit	19. FRESH BAR Cheeseburger Wheat Hamburger Bun Tomato Soup, Tossed Garden Salad, Cottage Cheese, Sliced Pears Pea Salad	20. Salisbury Steak Mashed Potatoes Corn Multi-Grain Dinner Roll Pineapple Tidbits	21. Hot Dog Oven Fries Bean Casserole Wheat Hot Dog Bun Banana Fresh Melon	22. Classic Lasagna w/ Marinara Sauce Broccoli Chef's Choice Vegetable Wheat Bread Oatmeal Raisin Cookie
25. Sweet Orange \$5.00 Chopped Cobb Salad w/ Ranch Dressing Chicken Noodle Soup Fruit	26. FRESH BAR Stuffed Green Pepper Multi-Grain Dinner Roll Lumberjack Soup, Tossed Garden Salad, Cottage Cheese, Fruit Cup Cookie	27. Shaved Pork w/ Mediterranean Sauce Scalloped Potatoes Brussels Sprouts Multi-Grain Bread Apple Sauce	28. Baked Chicken & Gravy Mashed Potatoes Cauliflower & Red Peppers Wheat Bread Mandarin Oranges Chef's Choice	29. Alden Poplar Creek \$4.00 Mulligatawny Soup Soda Muffins Tender Corned Beef Horseradish Sauce Parsley Red Potatoes Steamed Cabbage Honey Glazed Carrots
Menu subject to change due to availability of items. Funding in part is provided by Age Options. Suggested Donation \$3.25				



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231 Civic Drive




March 2024 - Calendar

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Senior Services Coordinator: Marina Lvovich

(847)524-7496

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Registration for ALL events begins on Monday, February 26</p> <p>In order to participate in any Barn activities you must be signed up for lunch</p> <p>Visit the Barn Webpage: www.schaumburg.com/thebarn</p>			<p><u>Transportation Options</u> Senior Bus: 847.882.1929 Pace Bus: 847.352.8097</p>	<p>1. 10:30AM 31 Card Game– with Dorothy and Kathy</p>	<p>2.</p>
<p>4. Restaurant Day Lunch 10 AM Wellness Clinic 10:30 AM Under the Blanket Game 11:30AM Frozen Meals 11:30 AM Public Safety Presentation</p>	<p>5. Salad Bar Lunch 10:30 AM Bunco Tournament Game with Deb and Diane 1:30 PM Cook County Farmers Bureau Donation</p>	<p>6. 10-10:30 AM Chair Yoga with Laura</p>	<p>7. 10:30 AM Canvas Painting</p>	<p>8. 10 AM Tech Corner 11 AM VOS Committee on Aging– Do's and Don'ts of Downsizing and Decluttering Presentation with Special Dessert</p>	<p>9.</p>
<p>11. Restaurant Day Lunch 11:30AM 5 Pack Frozen Meals Market Day 1:30-3:00 PM (limited supplies) </p>	<p>12. Salad Bar Lunch 10:30 AM Book Club 2 -3 PM Line Dancing with Janet</p>	<p>13. 10-10:30 AM Zumba with Josi 10:30 AM Crochet Group</p>	<p>14. "BINGO BANANZA" \$1 Lunch \$1 Bingo Cards or 6/\$5 Special Banana Treats</p>	<p>15. Restaurant Day St. Patrick's Day Party with Live Entertainment by Kym Frankovelgia </p>	<p>16. Social Saturday Catered from McAlister's Deli <u>Menu:</u> Reuben (half) sandwich, chips, and fresh fruit <u>Activities:</u> Games, Bingo, and Raffles.</p>
<p>18. Restaurant Day Lunch 11:30 AM March for Meals Event to support the "No Senior Should Go Hungry" campaign 11:30 AM -5 pack frozen Caitlin's 5 Year Anniversary Celebration</p>	<p>19. Salad Bar Lunch 10:30 AM LRC 1:45 PM Senior Advisory Council</p>	<p>20. 10-10:30 AM Chair Yoga with Laura</p>	<p>21. "Explore Schaumburg" 10:30 AM Outing to Trickster Gallery and Bonefish Grill Cost:\$30 (Must register to attend)</p>	<p>22. 10 AM Tech Corner Trisa's Birthday Celebration 11 AM Balloon Volleyball</p>	<p>Sponsored by the Rotary Club of Schaumburg and Hoffman Estates \$3.00 Suggested Donation</p>
<p>25. Restaurant Day Lunch 11:30AM 5 Pack Meals Market Day 1:30-3:00 PM (limited supplies) </p>	<p>26. 10:30 AM Pokeno with Deb and Diane</p>	<p>27. 10-10:30 AM Zumba with Josi 10:30 AM Crochet Group</p>	<p>28. 10:30 AM St. Patrick's Day Themed Brain Games</p>	<p>29. Alden Poplar Creek Luncheon \$4.00</p>	<p>BINGO will be played everyday after lunch </p>

Funds in whole or in part for this publication were provided through an award from Age Options under Title III of the Older American Act as administered through the Illinois Department on Aging and the Federal Administration on Aging. Community Nutrition Network, Inc. does not discriminate in admission to programs or treatment of employment in programs or activities in compliance with the Illinois Humans Right Act, The U.S. Civil Rights Act, Section 504 of the Rehabilitation Act, The Age Discrimination in Employment Act, and The U. S. and Illinois Constitutions. If you feel you have been discriminated against, you have the right to file a complaint. For information, dial 1-800-252-8965 [Voice and TDD] or contact Williams Burns, Director of Personnel at 312-207-5290. We serve nutritious lunches to Schaumburg Township seniors and disabled friends for a voluntary donation. Monday's and Friday's there is a suggested \$5 donation and Tuesday—Thursday \$3.25.