

Bellwood Café
439 Bohland Ave
Bellwood, IL. 60104
224-446-5163

Days: Mondays-Fridays
Hours: 8:30am– 1:30pm
Lunch served : 11:30am–12:00pm
Lunch Pick up 11:00am –1:00pm



**Community Nutrition Network &
Senior Services Association**



Café Manager: Cyd Porter

APRIL 2024

Monday	Tuesday	Wednesday	Thursday	Friday
1. Meatball Marinara Sub Potatoes Italiano Italian Green Beans Wheat French Roll Whole Orange	2. Pulled Pork Shoulder W/ Mango BBQ Sauce Wheat Bun Cream of Mushroom & Barley, Tossed Salad Cottage Cheese, Mixed Fruit Coleslaw	3. Roasted Turkey Breast & Wisconsin Cheddar Wheat Kaiser Lettuce & Tomato Pea Salad Pineapple Tidbits	4. Lemon Basil Chicken Garden Vegetables Corn & Black Beans Multi- Grain Dinner Roll Applesauce Banana	5. Veal Parmesan Penne Pasta W/ Marinara Sauce Broccoli Wheat Vienna Bread Fresh Melon
8. Chicken Ala Orange Vegetable Rice Pilaf Northern Beans Bran Muffin Chilled Pears	9. French Dip of Beef W/ Mushrooms & Onions Oven Fries Corn Wheat French Roll Whole Apple	10. Classic Lasagna W/ Meat Sauce Squash Medley Italian Green Beans Whole Wheat Bread Chilled Pears	11. Surimi Crab Salad Mixed Salad Greens W/ Tomato Wedges Dilled Cucumbers Apple Cinnamon Muffin Fruit Cup	12. Hotdog Twice Bake Potato Casserole Peas & Carrots Wheat Hotdog Bun Banana
15. BBQ Riblet Sweet Potato Mashed Chef's Vegetable Wheat Sandwich Bun Strawberry Yogurt	16. Cheeseburger Tomato Florentine Soup Tossed Garden Salad Cottage Cheese Fruit Sunburst Macaroni Salad	17. BLT Chicken Salad Mixed Salad Greens W/ Tomato Wedges Tri- Bean Salad Corn Bread Mandarin Oranges	18. Spaghetti & Meatballs W/ Marina Sauce Capri Blend Vegetables Wheat Vienna Bread Chilled Pears	19. Herbed Baked Chicken Mashed Potatoes/ Gravy Green Bean Casserole Bran Muffin Bread Whole Apple
22. Baked Meatloaf W/ Country Gravy Mashed Potatoes Stewed Tomatoes, Orange Whole Wheat Bread	23. Grilled Chicken Salad , Bacon Ranch Dressing Garden Vegetable Soup Tossed Garden Salad Cottage Cheese, Banana	24. Slow Roasted Beef Au Gratin Potatoes Carrots & Chives Multi Grain Dinner Roll Mixed Fruit	25. Asian Glazed Chicken Citrus Brown Rice Broccoli Multi Grain Bread Jello, Fortune Cookie	26. Turkey Club Sandwich Cream of Broccoli Soup Fresh Melon ,Cookie Donation \$5
29. Prime Rib of Pork Baked Potato Parslied Cauliflower Rye Bread Mixed Fruit	30. Italian Sausage/ Marinara Scalloped Potatoes Brussels Sprouts Wheat Bun Fresh Melon			For your safety, if you cannot eat all of your meal or if you are not ready to eat your meal, Each meal served with milk REFRIGERATE IT RIGHT AWAY!

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.

Suggested Donation: \$3.00