

April 2024










Community Nutrition Network & Senior Services Association

Lemont Community Café
16300 Alba
Lemont, IL 60439

Days: Mondays-Fridays
Times: 10:00am-2:00pm
Phone: 630-257-0515

Café

Café Manager: Stephanie Gasca

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>1 Meatball Marinara Sub Potatoes Italiano Italian Green Beans Wheat French Roll Whole Orange</p>	<p>2 Salisbury Steak Mashed Potatoes w/Gravy Cabbage and Carrots Multi-Grain Bread Mixed Fruit Oatmeal Raisin Cookie</p>	<p>3 DELI BAR Pulled Pork Shoulder w/Mango BBQ Sauce Cream of Mushroom & Barley Tossed Garden Salad Cottage Cheese w/Mixed Fruit Potato Salad</p>	<p>4 Lemon Basil Chicken Garden Vegetables Corn and Black Beans Multi-Grain Dinner Roll Applesauce Banana</p>	<p>5 Veal Parmesan Penne Pasta w/Marinara Sauce Broccoli Wheat Vienna Bread Fresh Melon</p> 
<p>8 Chicken Ala Orange Vegetable Rice Pilaf Northern Beans Bran Muffin Bread Chilled Peaches</p> 	<p>9 French Dip of Beef w/Mushrooms and Onions Oven Fries and Corn Whole Apple Wheat French Roll</p>	<p>10 DELI BAR Corn Dusted Flounder w/Lemon Herb Aioli Broccoli Cheddar Soup Garden Salad and Coleslaw Cottage Cheese and Melon</p>	<p>11  Surimi Crab Salad Mixed Salad Greens Dilled Cucumbers Apple Cinnamon Muffin Fruit Cup</p>	<p>12 Hot Dog Twice Baked Potato Casserole Peas and Carrots Wheat Hot Dog Bun Banana</p>
<p>15 BBQ Riblet Sweet Potato Mashed Wheat Sandwich Bun Strawberry Yogurt</p>	<p>16 Hamburger Bean Casserole Mixed Vegetables Wheat Sandiwch Bun Fruit Sunburst Fresh Melon</p>	<p>17 DELI BAR Cheeseburger Tomato Florentine Soup Tossed Garden Salad Cottage Cheese Fruit Sunburst Macaroni Salad</p>	<p>18 Spaghetti and Meatballs w/Marinara Sauce Capri Blend Vegetables Wheat Vienna Bread Chilled Pears</p>	<p>19 Herbed Baked Chicken Mashed Potatoes w/Gravy Green Bean Casserole Bran Muffin Bread Whole Apple</p> 
<p>22 Baked Meatloaf w/Country Gravy Mashed Potatoes Stewed Tomatoes Whole Wheat Bread</p>	<p>23 Eggs w/Biscuits and Gravy Diced Hash Browns Apple Cobbler Juice Banana</p> 	<p>24 DELI BAR Grilled Chicken Salad w/Bacon Ranch Dressing Garden Vegetable Soup Tossed Garden Salad Cottage Cheese and Banana</p>	<p>25 Asian Glazed Chicken Citrus Brown Rice and Broccoli Multi-Grain Bread Mandarin Orange Jell-O Fortune Cookie</p>	<p>26 Turkey Pasta Salad w/Shell Rigate Tri-Bean Salad Whole Wheat Bread Pineapple Tidbits</p>
<p>29 Prime Rib of Pork Baked Potato Parslied Cauliflower Rye Bread Mixed Fruit</p> 	<p>30 Italian Sausage w/Marinara Scalloped Potatoes Brussel Sprouts Wheat Sausage Bun Juice and Fresh Melon</p>			<p>For your safety, if you cannot eat all of your meal or if you are not ready to eat your meal, REFRIDGERATE IT RIGHT AWAY! Do not leave it sitting out. Each meal served with milk.</p>

MENU SUBJECT TO CHANGE DUE TO AVAILIBLY OF ITEMS

Suggested donation: \$3.00

Funds, in whole or in part, for this publication were provided through Age Options and Northeastern Illinois Area Agency on Aging under Title III of the Older Americans act as administered through the Illinois Department on Aging and the 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 been discriminated against, you have the right to file a complaint. For information, dial 1-800-252-8966 (voice & TDD) or contact the Director of Personnel at (312)207-5290

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Activities

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>BINGO @ 12:15</p> 	<p>2</p>	<p>3</p> <p>DELI BAR! \$3.50</p> 	<p>4</p> <p>Arts and Crafts Day!</p> <p>Paint a wooden spring animal!</p> <p>Hosted By: CNN</p>	<p>5</p>
<p>8</p> <p>BINGO @ 12:15</p> 	<p>9</p> <p>Movie Day! starts @ 11:30am</p> <p>Popcorn served with lunch</p> <p>Movie: TBD</p>	<p>10</p> <p>DELI BAR! \$3.50</p> 	<p>11</p> <p>Puzzle Day!</p> <p>Enjoy a crossword, word search, or sudoku puzzle with your lunch!</p>	<p>12</p>
<p>15</p> <p>BINGO @ 12:15</p> 	<p>16</p>	<p>17</p> <p>DELI BAR! \$3.50</p> 	<p>18</p>	<p>19</p>
<p>22</p> <p>BINGO @ 12:15</p> 	<p>23</p>	<p>24</p> <p>DELI BAR! \$3.50</p> 	<p>25</p> <p>Puzzle Day!</p> <p>Enjoy a crossword, word search, or sudoku puzzle with your lunch!</p>	<p>26</p>
<p>29</p> <p>April Showers Bingo</p> <p>BINGO @ 12:15</p> <p>\$10</p> <p>Hosted By: Lemont Seniors</p> 	<p>30</p>			

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