

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

HDM

Café Manager: Stephanie Gasca

Monday	Tuesday	Wednesday	Thursday	Friday
1 Meatball Marinara Sub Potatoes Italiano Italian Green Beans Wheat French Roll Whole Orange	2 Salisbury Steak Mashed Potatoes w/Gravy Cabbage and Carrots Multi-Grain Bread Mixed Fruit Oatmeal Raisin Cookie	3 Roasted Turkey Breast w/Wisconsin Cheddar Wheat Kaiser Lettuce and Tomato Pea Salad Pineapple Tidbits	4 Lemon Basil Chicken Garden Vegetables Corn and 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 Bread Chilled Peaches	9 French Dip of Beef w/Mushrooms and Onions Oven Fries and Corn Whole Apple Wheat French Roll	10 Classic Lasagna w/Meat Sauce Squash Medley Italian Green Beans Chilled Pears	11 Surimi Crab Salad Mixed Salad Greens Dilled Cucumbers Apple Cinnamon Muffin Fruit Cup	12 Hot Dog Twice Baked Potato Casserole Peas and Carrots Wheat Hot Dog Bun Banana
15 BBQ Riblet Sweet Potato Mashed Wheat Sandwich Bun Strawberry Yogurt	16 Hamburger Bean Casserole Mixed Vegetables Wheat Sandiwch Bun Fruit Sunburst Fresh Melon	17 BLT Chicken Salad Mixed Salad Greens Tri-Bean Salad Corn Bread Mandarin Oranges	18 Spaghetti and Meatballs w/Marinara Sauce Capri Blend Vegetables Wheat Vienna Bread Chilled Pears	19 Herbed Baked Chicken Mashed Potatoes w/Gravy Green Bean Casserole Bran Muffin Bread Whole Apple
22 Baked Meatloaf w/Country Gravy Mashed Potatoes Stewed Tomatoes Whole Wheat Bread	23 Eggs w/Biscuits and Gravy Diced Hash Browns Apple Cobbler Juice Banana	24 Slow Roasted Beef Au Gratin Potatoes Carrots and Chives Multi-Grain Dinner Roll Mixed Fruit	25 Asian Glazed Chicken Citrus Brown Rice and Broccoli Multi-Grain Bread Mandarin Orange Jell-O Fortune Cookie	26 Turkey Pasta Salad w/Shell Rigate Tri-Bean Salad Whole Wheat Bread Pineapple Tidbits
29 Prime Rib of Pork Baked Potato Parslied Cauliflower Rye Bread Mixed Fruit	30 Italian Sausage w/Marinara Scalloped Potatoes Brussel Sprouts Wheat Sausage Bun Juice and Fresh Melon			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.

MENU SUBJECT TO CHANGE DUE TO AVAILABILITY OF ITEMS

Suggested donation: \$3.75

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