

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

**MAY 2024**

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, <b>REFRIGERATE IT RIGHT AWAY!!</b> Each meal served with milk		1. BBQ Pulled Chicken Cheesy Mashed Potatoes Broccoli Wheat Sandwich Bun Chilled Pears	2. Dilled Tuna Salad Sandwich Lettuce and Tomato Garbanzo & Kidney Beans Carrots Wheat Kaiser Banana	3. Chicken Marbella Rice Florentine Country Blend Vegetables Whole Wheat Bread Whole Orange
6. Kielbasa Dilled Potatoes Bean Casserole Rye Bread Fruit Cup	7. Chicken W/ Garden Rotini Pasta Salad Mixed Salad Greens Herbed Tomato Wedges Multi- Grain Bread Pineapple Tidbits	8. Eggs Lorraine Potatoes O'Brien Fruit Cup Blueberry Muffin Whole Orange	9. Baked Meatloaf W/ Country Gravy Mashed Potatoes Carrots & Chives Whole Wheat Bread Chilled Peaches Fresh Melon	<b>10 Mother's Day Lunch Provided by WSSS</b>
13. Meatball Marina Sub Sandwich Potatoes Italiano Italian Green Beans Wheat French Roll Whole Orange	14. Pulled Pork Shoulder W/ Mango BBQ Sauce Wheat Bun Cream of Mushroom & Barley, Tossed Salad Cottage Cheese, Mixed Fruit Potato Salad	15. Roasted Turkey Breast & Wisconsin Cheddar Wheat Kaiser Lettuce & Tomato Pea Salad Pineapple Tid bits	16. Lemon Basil Chicken Garden Vegetables Corn & Black Beans Multi- Grain Dinner Roll Applesauce Banana	17. Pizza Tossed Salad Fruit Cup Cookie
20. Corned Beef Lettuce & Tomato Garnish Chick Pea Salad Marble Rye Bread Chef's choice fruit	21. French Dip of Beef W/ Mushrooms & Onions Oven Fries Corn Wheat French Roll	22. Classic Lasagna W/ Meat Sauce Squash Medley Italian Green Beans Whole Wheat Bread	<b>23. Lunch with The Pearl of Hillside</b>	24. Hotdog Twice Bake Potato Casserole Peas & Carrots Wheat Hotdog Bun
<b>27. CLOSED</b>  LAND OF THE FREE BECAUSE OF THE BRAVE	28. Hamburger Bean Casserole Mixed Vegetable Wheat Sandwich Bun Fruit Sunburst Fresh Melon	29. BLT Chicken Salad Mixed Salad Greens W/ Tomato Wedges Tri- Bean Salad Corn Bread Mandarin Oranges	30. Deviled Egg Salad Wheat French Roll Cream of Potato Soup Tossed Garden Salad Cottage Cheese, Sliced Pears Broccoli Salad	31. Herbed Baked Chicken Mashed Potatoes Green Bean Casserole Bran Muffin Whole Apple

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