

Community Nutrition Network & Senior Services Association

**PHOENIX
CAFÉ**

650 E Phoenix Center Drive
Phoenix, IL 60426

Hours: Monday Through Friday, 8:00am to 2:00pm

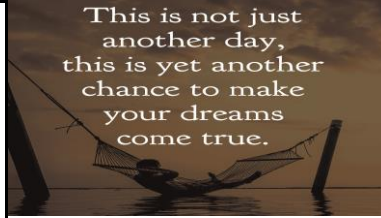
Café Manager: Elizabeth Davalos
(708) 331-2408



Monday	Tuesday	Wednesday	Thursday	Friday
1 Meatball/Marinara Sub Sandwich, Potatoes Italiano,,Italian Green Beans Wheat French Roll,Whole Orange	2 Salisbury Steak,Mased Potatoes/Gravy Mashed Potatoes/Gravy,Cabbage & Carrots,Multi-Grain Bread,Mixed Fruit Oatmeal Raisin Cookie	3 Roasted Turkey Breast & Wisconsin Cheddar,Wheat Kaiser,Lettuce & Tomato,Pea Salad,Pineapple Tid Bits	4 Lemon Basil Chicken,Garden Veggies, Corn & Black Beans,Multi-Grain Dinner Roll,Apple Sauce,Banana	5 Veal Parmesan Penne Pasta W/Marinara Sauce,Broccoli,WheatVienna Bread, Fresh Melon
8 Chicken Ala Orange,Vegetable Rice Pilaf,Notern Beans,Bran Muffin Bread Chilled Peaches	9 French Dip of Beef W/Mushrooms & Onions,Oven Fries,Corn,Wheat French Roll,Apple	10 Classic Lasagna w/Meat Sauce,Squash Italian Green Beans,Whole Wheat bread Chilled Pears	11 Surimi Crab Salad,Mixed Salad Greens W/Tomato Wedge,Dilled Cucumbers Apple Cinnamon Muffin,Fruit Cup	12 Hot Dog,Twice Bake Potato Casserole, Peas & Carrots,Wheat Hot Dog Bun, Banana
15 BBq Riblet,Sweet Potato Mashed, Wheat Sandwich Bun,Straberry Yogurt	16 Hamburger,Bean Casserole,Mixed Vegetables,Sandwich Bun,Fruit Sunburst,Fresh Melon	17 Maple Mustard Glazed Chicken Thigh Scalloped Potatoes,Baked Bean Casserole,Wheat Bread,Fruit Jello	18 Spaghetti & Meatballs W/ Marinara 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, Wheat Bread,Orange	23 Eggs W/Biscuit & Gravy,Diced Hash Browns,Apple Cobbler,Juice,Banana	24 Slow Roasted Beef,Au Gratin Potatoes Carrots & Chives,Multi-Grain Dinner Roll,Mixed Friut	25 Asian Glazed Chicken,Citrus Brown Rice,Broccoli,Multi-Grain Bread, Mandarin Orange Jello,Fortune Cookie	26 Turkey Pasta Salad W/Shell Rigate, Lettuce/Tomato,Tri-Bean Salad,Whole Wheat Bread,Pineapple Tid Bits
29 Prime Rib of Pork,Baked Potato, Parslied Cauliflower,Rye bread,Mixed Fruit	30 Italian Sausage Marinara,Wheat Sausage Bun,Scalloped Potatoes,Brussel Sprouts,Juice,Fresh Melon Rasin Salad			

MENU SUBJECT TO CHANGE DUE TO AVAILABILTY OF ITEMS

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



Donation \$3.25

FOR YOUR SAFTY
If you cannot eat your meal or if you are not ready to eat your meal when it is delivered, **REFRIGERATE IT RIGHT AWAY** Do not leave sitting out
Each meal is served with fat free

OR Low Fat Milk



