

May 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
For your safety, if you cannot eat all of your meal or if you are not ready to eat your meal, REFRIGERATE IT RIGHT AWAY! Do not leave it sitting out. 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 and Kidney Beans Wheat Kaiser Banana Fruit Cup	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 Garden Rotini 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 and Chives Wheat Bread & Peaches	10 Potato Crusted Fish Filet Au Gratin Potatoes Peas Whole Wheat Bread Applesauce
13 Meatball Marinara Sub Potatoes Italiano Italian Green Beans Wheat French Roll Whole Orange	14 Salisbury Steak Mashed Potatoes w/Gravy Cabbage and Carrots Multi-Grain Bread Mixed Fruit Oatmeal Raisin Cookie	15 Roasted Turkey Breat w/Wisconsin Cheddar Wheat Kaiser Roll Lettuce and Tomato Pea Salad Pineapple Tidbits	16 Lemont Basil Chicken Garden Vegetables Corn and Black Beans Multi-Grain Dinner Roll Applesauce Banana	17 Veal Parmesan Penne Pasta w/Marinara Sauce Broccoli Wheat Vienna Bread Fresh Melon
20 Chicken ala Orange Vegetable Rice Pilaf Northern Beans Bran Muffin Bread Chilled Peaches	21 French Dip of Beef w/Mushrooms and Onions Oven Fries and Corn Wheat French Roll Whole Apple	22 Classic Lasagna w/Meat Sauce Squash Medley Italian Green Beans Wheat Bread and Peaches	23 Surimi Crab Salad Mixed Salad Greens Dilled Cucumbers Apple Cinnamon Muffin Fruit Cup	24 Hot Dog Twice Baked Potato Casserole Peas and Carrots Wheat Hot Dog Bun Banana
27  Happy Memorial Day!	28 Hamburger Bean Casserole Mixed Vegetable Wheat Sandwich Bun Fruit Sunburt and Melon	29 BLT Chicken Salad Mixed Salad Greens Tri-Bean Salad Corn Bread Mandarin Oranges	30 Spaghetti and Meatballs w/Marinara Sauce Capri Blend Vegetables Wheat Vienna Bread Chilled Pears	31 Herbed Baked Chicken Mashed Potatoes w/Gravy Green Bean Casserole Bran Muffin Bread Whole Apple

MENU SUBJECT TO CHANGE DUE TO AVAILABILITY OF ITEMS

Suggested donation: \$3.75

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