**CNN Proviso Community** Café 1609 N. 36th Avenue Melrose Park, IL 60160

Days: Mondays-Fridays Times: 8:00am-2:00pm Phone: 708-316-7488

## **Community Nutrition Network**& Senior Services Association

**APRIL 2024** 

CNN Manager: Laurie Madden



## **Monday**







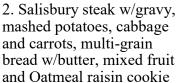
## **Thursday**



1. Meatball marinara sub samie w/wheat French roll. potatoes Italiano, Italian green beans, and an orange











3. Roasted turkey breast & Wisconsin cheddar w/lettuce & tomato w/wheat Kaiser, pea salad and pineapple tidbits



4. Lemon basil chicken, garden veggies, corn & black beans, multi-grain dinner roll w/butter, apple sauce and banana





5. Veal Parmesan w/penne pasta and marinara sauce, broccoli, wheat Vienna bread w/butter and fresh melon



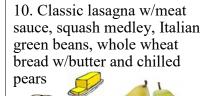
8. Chicken Ala Orange, veggie rice pilaf, northern beans, bran muffin bread w/butter and chilled peaches

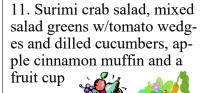


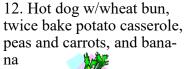


9. French dip of beef w/mushrooms & onions w/wheat French roll, oven fries, corn, and an apple













15. BBO rib let w/wheat sandwich bun, sweet potato mashed potatoes, chef's veggies, and strawberry yogurt





16. Hamburger w/wheat sandwich bun, bean casserole, mixed veggies, fruit sunburst and fresh melon



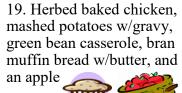


17. Blt chicken salad, mixed salad greens w/tomato wedges, 3 bean salad, corn bread and mandarin oranges



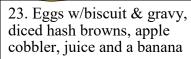


18. Spaghetti & meatball w/marinara sauce, Capri blend veggies, wheat Vienna bread w/butter, and chilled pears



22. Baked meatloaf w/country gravy, mashed potatoes, stewed tomatoes, whole wheat w/butter and an orange











24. Slow roasted beef, au gratin potatoes, carrots & chives, multi-grain dinner roll w/butter, and mixed fruit





25. Asian glazed chicken, citrus brown rice, broccoli, multi- grain bread w/butter, mandarin orange Jell-O and a fortune cookie



26. Turkey pasta salad w/shell rigate w/lettuce & tomato, 3 bean salad, whole wheat bread w/butter, and pineapple tidbits

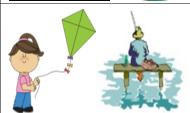






29. Prime rib of pork, baked potato, parslied cauliflower. rye bread w/butter, and mixed fruit

30. Italian sausage w/marinara and wheat bun. scalloped potatoes, Brussel sprouts, juice and fresh melon



Fat free or low fat milk with each meal

> Suggested Donation \$3.00

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. Please be safe. Each meal served with milk

Funds in whole or in part for this publication were provided through an ward 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 tight to file a complaint. For information dial 1-800-252-8965 (Voice and TD Menu subject to change due to availability of items. Funding in part is provided by Age Options.