

July 2024

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

BINGO Mon-Fri

10:30AM- 11:30AM

Lunch/Pick-up 11:30am



Community Nutrition Network
3140 Enterprise Park Ave
South Chicago Heights IL 60411

Homebound MENU

Site Manager
Elizabeth Morales
(708) 843-6229



Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken a la orange Vegetable rice pilaf Northern beans Bran muffin bread	2 French dip of Beef w/mushrooms & onions Wheat french roll Whole apple	3 Classic lasagna w/meat sauce Squash medley Italian green beans Chilled pears	CLOSED	CLOSED
8 BBQ Riblet Sweet potato mashed Chef's vegetable fruit cup/rye bread	9 Hamburger Bean casserole Mixed vegetable Fruit sunburst	10 BLT chicken salad mixed salad greens Tri-bean salad Tomato wedges/ corn bread	11 Spagetti & Meatballs Capri blend vegetables Wheat vienna bread Chilled pears	12 Herbed Baked chicken Mashed potaotes w/gravy Green bean casserole Apple
15 Baked meatloaf w/country gravy sauce Mashed potatoes Stewed tomatoes	16 Egg w/biscuit and gravy Diced hashbrown Apple cobbler Juice/banana	17 Slow roast beef Augratin potaotes Carrots & chives mixed fruit	18 Asian glazed Chicken Citrus brown rice Broccoli Fortune cookie	19 Turkey pasta salad w/shell rigate Tri-bean salad Pineapple tidbits
22 Prime rib of pork Baked potato Parslied Cauliflower Mixed fruit/rye bread	23 Italian sausage marinanra Scalloped potatoes Brussel sprouts Juice & melon	24 Roasted turkey breast w/wisconsin cheddar Pea salad Pineapple tidbits	25 Dilled Tuna salad sandwich Lettuce & Tomato Garbanzo & kidney beans Banana & fruit cup	26 Chicken marbella Rice florentine Country blend Vegetables Whole wheat bread
29 Kielbasa Dilled potaoes Bean casserole Rye bread	30 Chicken rotini pasta salad Mixed salad greens Herbed tomato wedges Pineapple tidbits	31 Eggs Lorraine Potaotes o'brien blueberry muffin whole orange	if are not ready to eat your meal when it is delivered, REFRIGERATE IT RIGHT AWAY PLEASE DON'T LEAVE YOUR FOOD SITTING OUT!	
				Fat-free or Low-fat milk with each meal



MENU SUBJECT TO CHANGE DUE TO AVAILABILITY OF ITEMS

Donation \$3.00

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