

Community Nutrition Network & Senior Services Association

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

PHOENIX
Home Deliver
650 E Phoenix Center Drive
Phoenix, IL 60426



Café Manager: Elizabeth Davalos
(708) 331-2408

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken Ala Orange, Vegetable Rice Pilaf, Northern Beans, Bran Muffin, Chilled Peaches	2 French Dip Of Beef W/ Mushroom & Onions, Oven Fries, Corn, Wheat French Roll, Whole Apple	3 Classic Lasagna W/ Meat Sauce, Squash Medley, Italian Green Beans, Wheat Bread, Chilled Pears		
8 BBQ Riblet, Sweet Potato Smashed, Vegetables, Wheat Sandwich Bun, Strawberry Yogurt	9 Hamburger, Bean Casserole, Mixed Wheat Sandwich Bun, Fruit Sunburst, Fresh Melon	10 BLT Chicken Salad, Mixed Salad Greens W/ Tomato Wedge, Tri-Bean Salad, Corn Bread, Mandarin Oranges	11 Spaghetti & Meatballs W/ Marinara Sauce, Capri Blend Vegetables, Wheat Vienna Bread, Chilled Pears	12 Herbed Baked Chicken, Mashed Potatoe W/ Gravy, Green Bean Casserole, Bran Muffin Bread, Whole Apple
15 Baked Meatloaf W/ Country Gravy, Mashed Potatoes, Stewed Tomatoes, Wheat Bread, Whole Orange	16 Eggs W/ Biscuit & Gravy, Diced Hash Brown, Apple Cobbler, Juice, Banana	17 Slow Roasted Beef, Au Gratin Potatoes, Carrots & Chives, Multi-Grain Dinner Roll, Mixed Fruit	18 Asian Glazed Chicken, Citrus Brown Rice Broccoli, Multi Grain Bread, Mandarin Oranger Jello, Fortune Cookie	19 Turkey Pasta Salad W/ Shell Rigate, Lettuce/Tomato, Tri-Bean Salad, Wheat Bread, Pineapple Tid Bits
22 Prime Rib Of Pork, Baked Potato, Parslied Cauliflower, Rye Bread, Mixed Fruit	23 Italian Sausage/Marinara, Scalloped Potatoes, Brussel Sprouts, Wheat Sausage Bun, Juice, Fresh Melon	24 BBQ Pulled Chicken, Cheesy Mashed Potato, Broccoli, Wheat Sandwich Bun, Chilled Pears	25 Dilled Tuna Salad Sandwich, Lettuce & Tomato, Garbanzo & Kidney Bean Silvered Carrots Balsam, Wheat Kaiser, Banana, Fruit Cup	26 Chicken Marbella, Rice Florentine, Country Blend, Wheat Bread, Orange
29 Kielbasa, Dilled Potatoes, Bean Casserole, Rye Bread, Friut Cup	30 Chicken W/ Garden Rotini Pasta Salad, Mixed Salad Greens, Herbed Tomato Wedges, Multi-Grain Bread, Pineapple Tid Bits	31 Eggs Lorraine, Potatoes O'Brien, Fruit Cup, Blueberry Muffin, Whole Orange		

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 by 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**



