

July 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
1 Chicken Ala Orange Vegetable Rice Pilaf Northern Beans Bran Muffin Bread Chilled Peaches	2 French Dip of Beef w/Mushrooms and Onions Oven Fries Corn Wheat French Roll Whole Apple	3 Classic Lasagna w/Meat Sauce Squash Medley Italian Green Beans Whole Wheat Bread Chilled Pears	4  Happy 4th of July!	5 Hot Dog Twice Baked Potato Casserole Peas and Carrots Wheat Hot Dog Bun Banana
8 BBQ Riblet Sweet Potato Mashed Chef's Vegetable Wheat Sandwich Bun Strawberry Yogurt	9 Hamburger Bean Casserole Mixed Vegetable Wheat Sandwich Bun Fruit Sunburst	10 BLT Chicken Salad Mixed Salad Greens w/Tomato Tri-Bean Salad Corn Bread Mandarin Oranges	11 Spaghetti and Meatballs w/Marinara Sauce Capri Blend Vegetables Wheat Vienna Bread Chilled Pears	12 Herbed Baked Chicken Mashed Potatoes w/Gravy Green Bean Casserole Bran Muffin Bread Whole Apple
15 Baked Meatloaf w/Country Gravy Mashed Potatoes Stewed Tomatoes Whole Wheat Bread Whole Orange	16 Eggs w/Biscuit and Gravy Diced Hash Browns Apple Cobbler Juice Banana	17 Slow Roasted Beef Au Gratin Potatoes Carrots and Chives Multi-Grain Dinner Roll Mixed Fruit	18 Asian Glazed Chicken Citrus Brown Rice Broccoli Multi-Grain Bread Mandarin Orange Jell-O Fortune Cookie	19 Turkey Pasta Salad w/Shell Rigate Lettuce and Tomato Tri-Bean Salad Whole Wheat Bread Pineapple Tidbits
22 Prime Rib of Pork Baked Potato Parsied Cauliflower Rye Bread Mixed Fruit	23 Italian Sausage w/Marinara Scalloped Potatoes Brussel Sprouts Wheat Sausage Bun Juice and Melon	24 BBQ Pulled Chicken Cheesy Mashed Potatoes Broccoli Wheat Sandwich Bun Chilled Pears	25 Dilled Tuna Salad Sandwich Lettuce and Tomato Garbanzo and Kidney Beans Wheat Kaiser Roll Banana and Fruit Cup	26 Chicken Marbella Rice Florentine Country Blend Vegetables Whole Wheat Bread
29 Kielbasa Dilled Potatoes Bean Casserole Rye Bread Fruit Cup	30 Chicken Rotini Pasta Salad Mixed Salad Greens Herbed Tomato Wedges Multi-Grain Bread Pineapple Tidbits	31 Eggs Lorraine Potatoes O'Brien Fruit Cup Blueberry Muffin Whole Orange	For your safety, if you cannot eat all of your meal or if you are not ready to eat your meal, REFRIDGERATE IT RIGHT AWAY! Do not leave it sitting out. Each meal served with milk.	

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