

Joshua Arms Community Café

1315 Rowell Avenue

Joliet, IL 60433

CNN Café Manager: Michelle Gotchie



July 2024

Community Nutrition Network
& Senior Services Association



Days: Monday-Friday

Times: 11:00 AM-1:00 PM

Phone: (815) 351-9293

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken ala orange Vegetable rice pilaf Northern beans Bran muffin bread Chilled peaches	2 French dip beef w/ mushrooms & onions Oven fries Corn French roll Apple	3 Classic lasagna w/ meat sauce Squash medley Italian green beans Whole wheat bread Chilled pears	4 	5 Hot dog Twice baked potato casserole Peas & Carrots Wheat hot dog bun Banana
8 Bbq Riblet Sweet potato mashed Chefs vegetable Wheat sandwich bun Strawberry yogurt	9 Hamburger Bean casserole Mixed Vegetables Wheat bun Fruit sunburst	10 BLT chicken salad Mixed salad greens w/ tomato wedges 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 potatoes /gravy Green bean casserole Bran muffin bread Whole apple
15 Baked Meatloaf w/ Gravy Mashed Potatoes Stewed Tomatoes Whole Wheat Bread Whole Orange	16 Eggs w/ biscuits & gravy Diced hash browns Apple cobbler Juice Banana	17 Slow roasted beef Au Gratin potatoes Carrots & Chives Multi-Grain Roll Mixed fruit	18 Asian glazed chicken Citrus brown rice Broccoli Multi grain bread Mandarin orange Jell-O Fortune cookie	19 Turkey pasta salad 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 bun Fresh melon	24 Bbq pulled chicken Cheesy mashed potato Broccoli Wheat bun Chilled pears	25 Dilled tuna salad Lettuce & Tomato Garbanzo & kidney beans w/ slivered carrots Wheat Kaiser	26 Chicken Marbella Rice Florentine Country blend Whole wheat bread Whole Orange
29 Kielbasa Dilled potatoes Bean casserole Rye bread Fruit cups	30 Chicken w/ garden rotini pasta salad Salad greens Tomato wedges Multi-Grain bread Pineapple Tid-Bits	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, REFRIGERATE IT RIGHT AWAY! Do not leave it sitting out. Please be safe. Each meal served with fat-free or skim milk.	

Menu subject to change due to availability of items. Funding in in part is provided by AgeGuide

Suggested Lunch Donation: \$4.00

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