

September 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

Café

Café Manager: Stephanie Gasca

Monday	Tuesday	Wednesday	Thursday	Friday
2 	3 Italian Sausage w/Marinara Scalloped Potatoes Brussel Sprouts Wheat Sausage Bun Juice Fresh Melon	4 DELI BAR Corned Beef & Swiss American Lettuce and Tomato Pasta Salad Multi-Grain Bread Fruit Cup Soup, Salad, Cottage Cheese	5 Dilled Tuna Salad Sandwich Lettuce and Tomato Garbanzo and Kidney Beans Wheat Kaiser Banana Fruit Cup	6 Chicken Marbella Rice Florentine Country Bled Vegetables Whole Wheat Bread Whole Orange
9 Egg Salad Lettuce and Tomato Vegetable Vinaigrette Rye Bread Pineapple Tidbits	10 Chicken Garden Pasta Salad Mixed Greens w/Tomato Multi-Grain Bread Pineapple Tidbits	11 DELI BAR Chicken Garden Rotini Salad Wheat Dinner Roll Split Pea Soup Tossed Garden Salad Cottage Cheese, Beets, Fruit	12 Baked Meatloaf w/Gravy Mashed Potatoes Carrots and Chives Whole Wheat Bread Chilled Peaches	13 Potato Crusted Fish Filet Au Gratin Potatoes Peas Whole Wheat Bread Applesauce
16 Meatball Sub Sandwich Potatoes Italiano Italian Green Beans Wheat French Roll Whole Orange	17 Salisbury Steak Mashed Potatoes and Gravy Cabbage and Carrots Multi-Grain Bread Mixed fruit Oatmeal Raisin Cookie	18 DELI BAR Southwestern Ham Wrap Lettuce and Tomato Tri-Bean Salad Whole Wheat Tortilla Mandarin Oranges Soup, Salad, Cottage Cheese	19 Lemon Basil Chicken Garden Vegetables Corn and Black Beans Multi-Grain Dinner Roll Applesauce Banana	20 Veal Parmesan Penne Pasta w/Marinara Broccoli Wheat Vienna Bread Fresh Melon
23 Corned Beef Lettuce and Tomato Chick Pea Salad Marble Rye Bread Chef's Choice Fruit	24 French Dip of Beef w/Mushrooms and Onions Oven Fries Corn Wheat French Roll and Apple	25 DELI BAR Corn Dusted Flounder w/Lemon Herb Aioli Broccoli Cheddar Soup Tossed Garden Salad Cottage Cheese, Fruit, Coleslaw	26 Surimi Crab Salad Mixed Greens and Tomato Dilled Cucumbers Apple Cinnamon Muffin Fruit Cup	27 Hot Dog Twice Baked Potato Casserole Peas and Carrots Wheat Hot Dog Bun Banana
30 Roast Pork and Gravy Au Gratin Potatoes Peas and Carrots Wheat Bread Whole Apple				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 AVAILIBLY OF ITEMS

Suggested donation: \$3.00

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

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Activities

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> 	<p>3</p> <p>National Cinema Day</p> <p>Movie Day!</p> <p>starts @ 11:30am</p> <p>Popcorn served with lunch</p> <p>Movie: Back To The Future</p>	<p>4</p> <p>DELI BAR! \$3.50</p> 	<p>5</p>	<p>6</p> <p>Puzzle Day!</p> <p>Enjoy a crossword, word search, or sudoku puzzle with your lunch!</p>
<p>9</p> <p>BINGO @ 12:15</p> 	<p>10</p>	<p>11</p> <p>DELI BAR! \$3.50</p> 	<p>12</p>	<p>13</p>
<p>16</p> <p>BINGO @ 12:15</p> 	<p>17</p> <p>SALT MEETING!</p> <p>9:30am</p> <p>Must be SALT Member!</p>	<p>18</p> <p>DELI BAR! \$3.50</p> 	<p>19</p>	<p>20</p> <p>Puzzle Day!</p> <p>Enjoy a crossword, word search, or sudoku puzzle with your lunch!</p>
<p>23</p> <p>BINGO @ 12:15</p> 	<p>24</p>	<p>25</p> <p>DELI BAR! \$3.50</p> 	<p>26</p> <p>Arts and Crafts Day!</p> 	<p>27</p>
<p>30</p> <p>BINGO @ 12:15</p> 				

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