





CNN Proviso Township
Community Cafe
1609 N. 36th Avenue
Melrose Park, IL










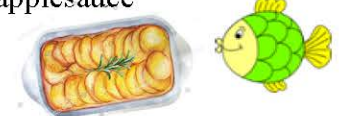












Days: Mondays-Fridays
Times: 8:00am-2:00pm
Phone: (708)316-7488

 **Community Nutrition Network
& Senior Services Association**

SEPTEMBER 2024






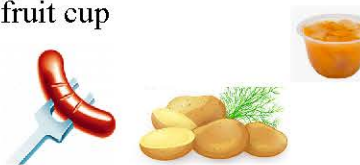



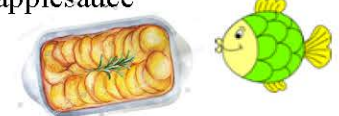













Manager:
LAURIE MADDEN

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|---|
| <p>CLOSED</p>  | <p>3. 9:00am – Pickle Ball 10:00 Bingo 11:30 Lunch 11:45 Small plates 12:00 Bingo 1:00 horse race game</p> <p>“National Skyscraper Day” - Name one</p> | <p>4. 9:00am – Lean/ Mean fit club 10:00 Bingo 11:30 Lunch 12:00 Bingo 1:00 Cards</p> <p>Pope Francis canonized Mother Theresa on this day in 2016.</p> | <p>5. 9:00am – Lean/ Mean fit club 10:00 Bingo 11:30 Lunch 12:00 Bingo 1:00 Crossword</p> <p>“International Day of Charity” It begins with us!</p> | <p>6. 9:00am – Pickle Ball 10:00 Bingo 11:30 Lunch 12:00 Bingo 1:00 Social</p> <p>“What was the #1 song on this day in 1969? The band is still Rockin it!</p> |
| <p>9. 9:00am – Lean/ Mean fit club 10:00 Bingo 11:30 Lunch 12:00 Bingo 1:00 Movie– choice/popcorn</p> <p>“Linda Blair starred in this #1 movie in 1973?”</p> | <p>10. 9:00am – Pickle Ball 10:00 Bingo 11:30 Lunch 11:45 Small plates 12:00 Bingo 1:00 Mexican Train</p> <p>“National ants on a log day”</p> | <p>11. 9:00am – Lean/ Mean fit club 10:00 Bingo 11:30 Lunch 12:00 Bingo 1:00 Word Scramble</p> <p>“9/11” We will never forget! What year did this happen?</p> | <p>12. 9:00am – Lean/ Mean fit club 10:00 BINGO BONANZA 11:30 Lunch 12:00 BINGO BONANZA 1:00 Dance Party</p> <p>“Singer Jennifer Hudson was born on this day, how old is she?”</p> | <p>13. 9:00am – Pickle Ball 10:00 Bingo 11:30 Lunch 12:00 Bingo 1:00 Social</p> <p>“International Chocolate Day” - Yummy!</p> |
| <p>16. 9:00am – Lean/ Mean fit club 10:00 Bingo 11:30 Lunch 12:00 Bingo 1:00 Movie– choice/popcorn</p> <p>“National Guacamole Day” - wear green</p> | <p>17. 9:00am – Pickle Ball 10:00 Bingo 11:30 Lunch 11:45 Carbs 12:00 Bingo 1:00 Uno</p> <p>“What is the birth stone for September?”</p> | <p>18. 9:00am – Lean/ Mean fit club 10:00 BLACKTOP BLAST 11:30 Lunch 12:00 BLACKTOP BLAST 1:00 Puzzles</p> <p>“U.S Air Force Day” - did you serve?</p> | <p>19. 9:00am – Lean/ Mean fit club 10:00 Bingo 11:30 Lunch 12:00 Bingo 1:00 Sing a long</p> <p>“What is the Zodiac sign for this date in September?”</p> | <p>20. 9:00am –Pickle Ball 10:00 Bingo 11:30 Lunch 12:00 Bingo 1:00 Social</p> <p>“National String Cheese Day”</p> |
| <p>23. 9:00am – Lean/ Mean fit club 10:00 Bingo 11:30 Lunch 12:00 Bingo 1:00 Movie– choice/popcorn</p> <p>“First day of Fall” wear fall colors</p> | <p>24. 9:00am – Pickle Ball 10:00 Bingo 11:30 Lunch 11:45 Sodium 12:00 Bingo 1:00 Dominos</p> <p>“National Family Day” We are family, I got all my sisters with me</p> | <p>25. 9:00am – Lean/ Mean fit club 10:00 BINGO BASH 11:30 Lunch 12:00 BINGO BASH 1:00 Brain games</p> <p>“National 1-hit wonder day” - name one</p> | <p>26. 9:00am – Lean/ Mean fit club 10:00 Bingo 11:30 Lunch 12:00 Bingo 1:00 Word Search</p> <p>“The 1st Presidential Debate was televised on this date” - who were the candidates?</p> | <p>27. 9:00am –Pickle Ball 10:00 Bingo 11:30 Lunch 12:00 Bingo 1:00 Social</p> <p>On this day in 1964 what Band per- formed on the Ed Sullivan Show? They get around</p> |
| <p>30. 9:00am – Lean/ Mean fit club 10:00 Bingo 11:30 Lunch 12:00 Bingo 1:00 Movie-choice/popcorn</p> <p>“National chewing gum day” What is your favorite gum?</p> |  |  |  | <p>Come Join us for a day or two or more! Meet new friends and have some delicious nutritious lunch with us! Daily activities and laughs are among some things we offer here at the Community Café!</p> |

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|--|
| <p>2.  WE WILL BE CLOSED FOR <i>Labor Day</i></p> | <p>3. Italian sausage marinara w/wheat bun, bean soup, tossed garden salad, cottage cheese, carrot raisin salad, & fresh melon</p>  | <p>4. BBQ pulled chicken w/wheat sandwich bun, cheesy mashed potatoes, broccoli, and chilled pears</p>  | <p>5. Dilled tuna salad sandwich w/wheat Kaiser roll, lettuce & tomato, garbanzo & kidney bean, slivered carrots balsamic, and fruit cup & banana</p>  | <p>6. Chicken Marbella, rice Florentine, country blend veg, whole wheat bread, whole orange</p>  |
| <p>9. Kielbasa, dilled potatoes, bean casserole, rye bread, fruit cup</p>  | <p>10. Chicken w/garden rotini pasta salad, mixed salad greens, herbed tomato wedges, multigrain bread, pineapple tidbits & chef choice</p>  | <p>11. Tuna Salad w/whole wheat sandwich bun w/lettuce & tomato, 3 bean salad and mandarin oranges</p>  | <p>12. Loaded baked potato w/butter, sour cream, broccoli, cheddar cheese, bacon bits, and green onions, chili, garden salad and fruit \$4.00</p>  | <p>13. Potato crusted fish fillet, Au gratin potatoes, peas, whole wheat bread, applesauce</p>  |
| <p>16. Meatball marinara sub sandwich, potatoes Italiano, Italian green beans, wheat French roll, whole orange</p>  | <p>17. Salisbury steak, mashed potatoes w/ gravy, cabbage & carrots, multi grain bread, mixed fruit & oatmeal raisin cookie</p>  | <p>18. "Blacktop Blast!" Maxwell Street Polish on a bun, potato salad, cucumber salad and tomato salad, lemonade, ice tea, and dessert Suggested donation: \$6.00</p> | <p>19. Lemon basil chicken, garden vegetable, corn & black beans, multigrain dinner roll, applesauce, banana</p>  | <p>20. Veal parmesan, penne pasta w/ marinara sauce, broccoli, wheat Vienna bread, fresh melon</p>  |
| <p>23. Corned beef on Marble rye bread w/lettuce & tomato, chick pea salad and chef's choice fruit</p>  | <p>24. French onion dip of beef w/ mushroom & onions, oven fries, corn, wheat French roll, whole apple & chef choice</p>  | <p>25. PIZZA, SALAD, AND FRUIT —\$3.00</p>  | <p>26. Surimi crab salad, mixed salad greens w/ tomato wedges, dilled cucumbers, apple cinnamon muffin, fruit cup</p>  | <p>27. Hotdog, twice baked potato casserole, peas & carrots, wheat hotdog bun, banana</p>  |
| <p>30. Roast pork & gravy, Au gratin potatoes, peas & carrots, wheat bread, whole apple</p>  | <p> BACK TO SCHOOL!</p> | <p> Fall</p> | <p>Fat free or low fat milk with each meal</p> <p>Suggested Donation \$3.00</p> | <p>For your safety, if you cannot eat all of your meal or if you are not ready to eat your meal, <u>REFRIGERATE IT RIGHT AWAY!</u> Do not leave it sitting out. Please be safe.</p> |

Funds in whole or in part for this publication were provided through an award from Age Option under title 111 of the older Americans Act as administered through the Illinois Department on Aging and 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 discriminated against, you have the right to file a complaint. For information dial [1-800-252-8965](tel:1-800-252-8965) (Voice and TD

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

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|--|--|
| <p>2. </p> | <p>3. Salchicha italiana marinara, patatas gratinadas, coles de Bruselas, pan de salchicha de trigo y melón fresco</p>  | <p>4. Pollo desmenuzado a la barbacoa, puré de patatas con queso, brócoli, panecillo tipo sándwich, peras frías</p>  | <p>5. Sandwich de tuna, lechuga y tomate, ensalada de garbanzos y frijoles rojos con za-naorias y salsa balsamica. Pan, vaso de fruta y guineo</p>  | <p>6. Chicken Marbella, rice Florentine, country blend veg, whole wheat bread, whole orange</p>  |
| <p>9. Kielbasa, dilled potatoes, bean casserole, rye bread, fruit cup</p>  | <p>10. Chicken w/ garden rotini pasta salad, mixed salad greens, herbed tomato wedges, multigrain bread, pineapple tidbits & chef choice</p>  | <p>11. Eggs Lorraine, potatoes o'brien, fruit cup, blueberry muffin, whole orange</p>  | <p>12. Baked meatloaf w/ country gravy, mashed potatoes, carrots, chives, whole wheat bread, chilled peaches, fresh melon</p>  | <p>13. Potato crusted fish fillet, Au gratin potatoes, peas, whole wheat bread, applesauce</p>  |
| <p>16. Meatball marinara sub sandwich, potatoes italiano, Italian green beans, wheat French roll, whole orange</p>  | <p>17. Salisbury steak, mashed potatoes w/ gravy, cabbage & carrots, multi grain bread, mixed fruit & oatmeal raisin cookie</p>  | <p>18. Roasted turkey breast & Wisconsin cheddar, wheat kaiser, lettuce & tomato, pea salad, pineapple tidbits</p>  | <p>19. Lemon basil chicken, garden vegetable, corn & black beans, multigrain dinner roll, applesauce, banana</p>  | <p>20. Veal parmesan, penne pasta w/ marinara sauce, broccoli, wheat Vienna bread, fresh melon</p>  |
| <p>23. Chicken a la orange, vegetable rice pilaf, northern beans, bran muffin bread, chilled peaches</p>  | <p>24. French onion dip of beef w/ mushroom & onions, oven fries, corn, wheat French roll, whole apple & chef choice</p>  | <p>25. Classic lasagna w/ meat sauce, squash medley, Italian green beans, whole wheat bread, chilled pears</p>  | <p>26. Surimi crab salad, mixed salad greens w/ tomato wedges, dilled cucumbers, apple cinnamon muffin, fruit cup</p>  | <p>27. Hotdog, twice baked potato casserole, peas & carrots, wheat hotdog bun, banana</p>  |
| <p>30. Roast pork & gravy, Au gratin potatoes, peas & carrots, wheat bread, whole apple</p>  | <p></p> | <p></p> | <p>Fat free or low fat milk with each meal</p> <p>Suggested Donation \$3.00</p> | <p>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.</p> |

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