Bellwood Café 439 Bohland Ave Bellwood, IL. 60104 Days: Mondays-Fridays Hours: 9:00am– 2:00pm Lunch served @ 11:30am



<u>Community Nutrition Network & Senior</u>

Services Association



CNN Café Manager: Cyd Porter 224-446-5163—RSVP

Monday	Tuesday	Wednesday	Thursday	Friday
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 your food sitting out. Please be safe. Each meal served with low fat milk.	Suggested Donation \$3.00			1. John & Norman Birthday Celebration
4. Baked Meatloaf W/Country Gravy Cauliflower Mashed Potatoes Mixed Vegetables Whole wheat Roll Pineapple Tid Bits	5. <u>PLEASE RSVP BY 11/01</u> TACO TUESDAY Taco Rice Fruit	6. Shaved Turkey & Cheese Lettuce & Tomato Garnish Potato Salad Marble Rye Bread Chef's Choice Fruit	7. DELI BAR Bacon & Spinach Quiche Whole Wheat Roll Vegetable Gumbo Soup Tossed Garden Salad Cottage Cheese	8. Swedish Meatballs /Gravy Mashed Potatoes Broccoli Multi Grain Bread Fresh Melon
11. CLOSED Thank You Veterans	12. Cheeseburger Wheat Bun Tomato Soup Tossed Garden Salad Cottage Cheese Sliced Pears	 13. Salisbury Steak/Gravy Mashed Potatoes Corn Multi Grain Dinner Roll Pineapple Tidbits 	14. Lunch with The Pearl of Hillside	15. Classic Lasagna W/ Meat Sauce Broccoli Chef's Choice Vegetable Wheat Bread Oatmeal Raisin Cookie
18. Roast Turkey & Gravy Baked Sweet Potatoes Mixed Vegetables Bread Stuffing Chef's Fruit	19. DELI BAR Stuffed Green Pepper Multi Grain Dinner Roll Lumberjack Soup Tossed Garden Salad Cottage Cheese, Fruit Cup	20. Crab Salad Sandwich Lettuce & Tomato Garnish Beet Salad Marble Rye Bread Tropical Fruit	21. DELI BAR Tuna Salad Sandwich Wheat French Roll Cream of Broccoli Soup Tossed Garden Salad Cottage Cheese	22.THANKSGIVING LUNCHEON Sponsored by Speaker of the House Emanuel "Chris" Welch
25. Roast Turkey & Gravy Baked Sweet Potatoes Green Bean Casserole Bread Stuffing Dessert	26. BLT Chicken Salad Mixed Greens & Tomato Chick Pea Salad Wheat Crackers Cinnamon Apples	27. PLEASE RSVP BY 11/25 Restaurant Day PORTILLO'S \$ 5 Breaded or Char-Grilled Chicken Sandwich Chips, Fruit Cup	28 . CLOSED	29. CLOSED

MENU SUBJECT TO CHANGE DUE TO AVAILABILITY OF ITEMS Funds in whole or in part for this publication were provided through an ward 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<u>-800–252-8965</u> (Voice and TD)_Funding in part is provided by Age Options.

NOVEMBER