

October 2024

Hours: Monday Through Friday, 8:00am to 2:00pm

Site Manager
ELIZABETH MORALES
(708) 843-6229 - RSVP



BINGO Mon-Fri
10:30AM- 11:30AM
Lunch/Pick-up 11:30am



Community Nutrition Network
3140 Enterprise Park Ave
South Chicago Heights IL 60411

Homebound MENU

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
Fat-free or Low-fat milk with each meal	Cheddar boccoli chicken casserole	Salisbury steak & gravy	Chicago style hotdog	Classic lasagna
	Cauliflower	Mashed potatoes	Oven Fries	Broccoli
	Pea salad/pear crumble	Corn/dinner roll	bean casserole	Chef's choice vegetable
7	8	9	10	11
Roast turkey & gravy	spagetti & meatball marinara	Hamburger	Chicken vesuvio	Citrus Alaskan Pollock
Baked sweet potatoes	Mixed salad greens	German potato salad	Mashed potatoes	Vegetable rice pilaf
mixed vegetables	warm peach cobbler	Green beans	Cauliflower & red pepper	Multi gran bread
Chef's fruit	fruit cup	Wheat sandwich bread	Mandarin oranges	Chick pea salad
14	15	16	17	18
Closed Indigenous Day	BBQ Riblet	Roast turkey w/cheddar ale sauce	Western eggs	Chicken Breast Parmesan
	Black bean & corn	Vegetable rice pilaf	Hashbrown potatoes	Penne pasta
	Whole apple	Broccoli / oatmeal cookie	Maple glazed pears	Zucchini w/red peppers & onions
			Raisin bread	Chef's choice salad
21	22	23	24	25
Bavarian bratwurst	Chicken chardonnay	Texas Chilli	Veal marsala	Baked pollock piccata
Diced parslid potatoes	Mashed potatoes	Mac & Cheese	Scalloped potatoes	Baked potato
Carrots Rye bread	Broccoli	Country blend vegetables	Stewed tomatoes	California blend
Fresh melon	Fresh orange/ choc pudding	Fruit cup/wheat bread	Chilled pears /beet salad	Lemon mandarin pudding
28	29	30	31	
Slow roasted beef/gravy	Turkey pot roast	Spagetti & meatball	Chicken tenders	If you cannot eat your meal or if you are not ready to eat your meal when it is delivered, REFRIGERATE IT RIGHT AWAY PLEASE DON'T LEAVE YOUR FOOD SITTING OUT!
Mashed potatoes	Baked potato	Broccoli	Bread stuffing	
Brussel sprouts	Peas & carrots	Wheat vienna	Sweet potato	
Chilled pears/cookie	Chef's fruit /banana	Chilled pears	Northern bean & tomato	

MENU SUBJECT TO CHANGE DUE TO AVAILBILTY OF ITEMS

Donation \$3.00

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