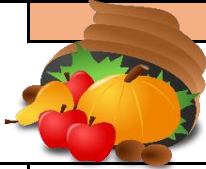


# November 2024

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 11:30am**



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

Monday	Tuesday	Wednesday	Thursday	Friday
	If you cannot eat your meal or if you are not ready to eat your meal when it is delivered, REFRIGERATE IT <b>RIGHT AWAY PLEASE DON'T LEAVE YOUR FOOD SITTING OUT!</b>			1
Fat-free or Low-fat milk with each meal				Surimi crab alfredo Penne pasta Zucchini w/red pepper Chef's choice vegetables
 4	5	6	7	8
Baked meatloaf w/ country gravy Cauliflower mashed Mixed vegetables	BBQ pulled pork Oven fries Carrot raisin salad Warm apple crumble	Miso glazed chicken thigh Scalloped potatoes Baked bean casserole Fruit Jello	Cheese omelette Hashbrown potatoes Whole wheat biscuit Fruit yogurt	Swedish meatballs Mashed potatoes Broccoli Fresh melon 
11	12	13	14	15
Roast pork & gravy Au gratin potatoes Peas & carrots Whole apple	Cheddar broccoli chicken rice casserole Cauliflower Pea salad 	Salisbury steak/gravy Mashed potatoes Corn Pineapple tidbits	Hotdog Oven fries Bean casserole Banana/ Fresh melon	Classic Lasanga w/red meat sauce Broccoli Chef's choice vegetables Oatmeal raisin cookie
<b>NO DELIVERIES 18</b>	19	20	21	22
Roast turkey & gravy Baked sweet potatoes Mixed vegetables Chef's fruit	Spagetti & meatball Mixed salad greens Multi grain bread Warm peach cobbler	Hamburger German potato salad Green beans Applesauce	Chicken vesuvio Mashed potatoes Cauliflower Mandarin oranges	Citrus alaskan pollock Vegetable rice pilaf Country blend vegetable Chick pea salad
25	26	27	28	29
Roast turkey & gravy Baked sweet potatoes Green bean casserole Bread stuffing	BBQ riblet  Oven fries Black beans & corn Whole apple/chef's choice	Hot roast beef Mashed potatoes Peas & carrots Fresh orange	<b>HAPPY THANKSGIVING</b>  <b>CLOSED</b> 	 <b>Donation \$3.00</b>

MENU SUBJECT TO CHANGE DUE TO AVAILABILITY OF ITEMS

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