

November 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
<p>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.</p>				<p>1</p> <p>Surimi Crab Alfredo Penne Pasta Zucchini w/Red Pepper and Onion Chef's Choice Vegetable Whole Wheat Roll Fruit Cup</p>
<p>4</p> <p>Baked Meatloaf w/Country Gravy Cauliflower Mashed Potatoes Mixed Vegetables Whole Wheat Roll & Pineapple</p>	<p>5</p> <p>BBQ Pulled Pork Oven Fries Carrot Raisin Salad Wheat Sandwich Bun Warm Apple Crumble</p>	<p>6</p> <p>DELI BAR Turkey Cheddar Sandwich Cream of Cauliflower Soup Tossed Garden Salad Cottage Cheese Fruit Jell-O</p>	<p>7</p> <p>Cheese Omelette Hashbrowned Potatoes Whole Wheat Biscuit Apple Juice Fruit Yogurt and Orange</p>	<p>8</p> <p>Swedish Meatballs w/Gravy Mashed Potatoes Broccoli Multi-Grain Bread Fresh Melon</p>
<p>11</p>  <p>Happy Veterans Day!</p> <p>COLD SANDWICH</p> <p>Shaved Roast Beef Lettuce and Tomato Garnish Pea Salad Whole Wheat Bread Chilled Peaches</p>	<p>12</p> <p>Cheddar Broccoli Chicken Rice Casserole Cauliflower Whole Wheat Roll Pear and Cranberry Crumble Pea Salad</p>	<p>13</p> <p>DELI BAR Dilled Egg Salad Cream of Spinach Soup Tossed Garden Salad Cottage Cheese Pineapple Tidbits Whole Wheat French Roll</p>	<p>14</p> <p>Hot Dog Oven Fries Bean Casserole Wheat Hot Dog Bun Banana Fresh Melon</p>	<p>15</p> <p>Classic Lasagna w/Meat Sauce Broccoli Chef's Choice Vegetable Wheat Bread Oatmeal Raisin Cookie</p>
<p>18</p> <p>COLD SANDWICH Shaved Roast Beef Lettuce and Tomato Garnish Pea Salad Whole Wheat Bread Chilled Peaches</p>	<p>19</p> <p>Spaghetti and Meatballs w/Marinara Sauce Mixed Salad Greens Multi-Grain Bread Warm Peach Cobbler</p>	<p>20</p> <p>DELI BAR Stuffed Green Pepper Lumberjack Soup Tossed Garden Salad Cottage Cheese Fruit Cup</p>	<p>21</p> <p>Chicken Vesuvio Mashed Potatoes Cauliflower and Red Pepper Wheat Bread Mandarin Oranges</p>	<p>22</p> <p>Citrus Alaskan Pollock Vegetable Rice Pilaf Country Blend Vegetable Multi-Grain Dinner Roll Chick Pea Salad</p>
<p>25</p> <p>HOLIDAY MEAL Roast Turkey w/Gravy Baked Sweet Potatoes Green Bean Casserole Bread Stuffing Dessert</p>	<p>26</p> <p>BBQ Riblet Oven Fries Black Beans and Corn Wheat Sandwich Bun Whole Apple</p>	<p>27</p> <p>DELI BAR BLT Chicken Salad Sandwich Cream of Potato Soup Tossed Garden Salad Cottage Cheese Whole Apple</p>	<p>28</p>  <p>HAPPY THANKS GIVING TO YOU!</p>	<p>29</p> 

MENU SUBJECT TO CHANGE DUE TO AVAILIBTY 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
				1 Puzzle Day! Enjoy a crossword, word search, or sudoku puzzle with your lunch!
4 BINGO @ 12:15 	5	6 DELI BAR! \$3.50 	7 Arts and Crafts Day! 	8
11  Happy Veteran's Day!	12	13 DELI BAR! \$3.50 	14	15 Puzzle Day! Enjoy a crossword, word search, or sudoku puzzle with your lunch!
18 BINGO @ 12:15 	19 SALT MEETING! 9:30am Come out and see what SALT is all about!	20 DELI BAR! \$3.50 	21 Movie Day! starts @ 11:30am Popcorn served with lunch Movie: A Charlie Brown Thanksgiving	22
25 FRIENDSGIVING DAY BINGO! Suggested Donation: \$10 Hosted By: CNN & Lemont Twsp	26	27 DELI BAR! \$3.50 	28  HAPPY THANKS GIVING TO YOU!	29 

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