

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

HDM

Café Manager: Stephanie Gasca

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, REFRIDGERATE IT RIGHT AWAY! Do not leave it sitting out. Each meal served with milk.				1 Surimi Crab Alfredo Penne Pasta Zucchini w/Red Peppers Chef's Choice Vegetable Whole Wheat Roll Fruit Cup
4 Baked Meatloaf w/Gravy Cauliflower Mashed Potatoes Mixed Vegetables Whole Wheat Roll Pineapple Tidbits	5 BBQ Pulled Pork Oven Fries Carrot Raisin Salad Wheat Sandwich Bun Warm Apple Crumble	6 Miso Glazed Chicken Thigh Scalloped Potatoes Baked Bean Casserole Multi-Grain Bread Fruit Jell-O	7 Cheese Omelette Hashbrowned Potatoes Whole Wheat Biscuit Apple Juice Fruit Yogurt and Orange	8 Swedish Meatballs w/Gravy Mashed Potatoes Broccoli Multi-Grain Bread Fresh Melon
11  Happy Veterans Day!	12 Cheddar Broccoli Chicken Rice Casserole Cauliflower Whole Wheat Roll Pear and Cranberry Crumble Pea Salad	13 Salisbury Steak w/Gravy Mashed Potatoes Corn Multi-Grain Dinner Roll Pineapple Tidbits	14 Hot Dog Oven Fries Bean Casserole Wheat Hot Dog Bun Banana Fresh Melon	15 Classic Lasagna w/Meat Sauce Broccoli Chef's Choice Vegetable Wheat Bread Oatmeal Raisin Cookie
18 Roast Turkey and Gravy Baked Sweet Potatoes Mixed Vegetables Bread Stuffing Chef's Fruit	19 Spaghetti and Meatballs w/Marinara Sauce Mixed Salad Greens Multi-Grain Bread Warm Peach Cobbler	20 Hamburger German Potato Salad Green Beans Wheat Sandwich Bun Applesauce	21 Chicken Vesuvio Mashed Potatoes Cauliflower w/Red Pepper Wheat Bread Mandarin Oranges	22 Citrus Alaskan Pollock Vegetable Rice Pilaf Country Blend Vegetable Multi-Grain Dinner Roll Chick Pea Salad
25 Roast Turkey and Gravy Baked Sweet Potatoes Green Bean Casserole Bread Stuffing Dessert	26 BBQ Riblet Oven Fries Black Beans and Corn Wheat Sandwich Bun Whole Apple	27 Hot Roast Beef Mashed Potatoes Peas and Carrots Wheat Bread Fresh Orange	28  HAPPY THANKS GIVING TO YOU!	29 

MENU SUBJECT TO CHANGE DUE TO AVAILABILITY OF ITEMS

Suggested donation: \$3.75

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