

October 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
	1 Cheddar Broccoli Chicken Rice Casserole Cauliflower Whole Wheat Roll Pear and Cranberry Crumble Pea Salad	2 Salisbury Steak w/Gravy Mashed Potatoes Corn Multi-Grain Dinner Roll Pineapple Tidbits	3 Hot Dog Oven Fries Bean Casserole Wheat Hot Dog Bun Banana Fresh Melon	4 Lasagna w/Meat Sauce Broccoli Chef's Choice Vegetable Wheat Bread Oatmeal Raisin Cookie
7 Roast Turkey w/Gravy Baked Sweet Potatoes Mixed Vegetables Bread Stuffing Chef's Fruit	8 Spaghetti and Meatballs w/Marinara Sauce Mixed Salad Greens Multi-Grain Bread Peach Cobbler and Fruit	9 Hamburger German Potato Salad Green Beans Wheat Sandwich Bun Applesauce	10 Chicken Vesuvio Mashed Potatoes Cauliflower and Red Pepper Wheat Bread Mandarin Oranges	11 Citrus Alaskan Pollock Vegetable Rice Pilaf Country Blend Vegetables Multi-Grain Dinner Roll Chick Pea Salad and Fresh Melon
14  Happy Indigenous Peoples' Day!	15 BBQ Riblet Oven Fries Black Beans and Corn Wheat Sandwich Bun Whole Apple	16 Roast Turkey w/Cheddar Ale Sauce Vegetable Rice Pilaf Broccoli Biscuit Fruit and Oatmeal Raisin Cookie	17 Western Eggs Hash Browned Potatoes Maple Glazed Pears Raisin Bread Cranberry Juice Banana	18 Chicken Breast Parmesan Penne Pasta w/Marinara Squash Medley Wheat Vienna Chilled Peaches
21 Bavarian Bratwurst Diced Parslied Potatoes Carrots Rye Bread Fresh Melon	22 Chicken Chardonnay Mashed Potatoes Broccoli and Fresh Orange Multi-Grain Bread Chocolate Pudding	23 Texas Chili Mac and Cheese Country Blend Vegetables Multi-Grain Bread Fruit Cup	24 Veal Marsala Scalloped Potatoes Stewed Tomatoes Multi-Grain Bread Chilled Pears and Beet Salad	25 Baked Pollock Piccata Baked Potato California Blend Vegetables Wheat Bread Lemon Mandarin Pudding
28 Slow Roasted Beef w/Gravy Mashed Potatoes Brussel Sprouts Multi-Grain Bread Chilled Pears and Cookie	29 Turkey Pot Roast w/Gravy Baked Potato Peas and Carrots Multi-Grain Bread Banana	30 Spaghetti and Meatballs w/Marinara Sauce Broccoli Wheat Vienna Chilled Peaches	31 Chicken Tenders w/Country Chicken Gravy Bread Stuffing and Pea Salad Mashed Sweet Potatoes Northern Beans and an Apple	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.

MENU SUBJECT TO CHANGE DUE TO AVAILABILITY OF ITEMS

Suggested donation: \$3.75

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