

October 2023

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
Cafe MENU

Monday	Tuesday	Wednesday	Thursday	Friday
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
Roast turkey & gravy	spagetti & meatball marinara	Hamburger	banana/melon	Oatmeal raisin cookie
Baked sweet potatoes	Mixed salad greens	German potato salad	Chicken vesuvio	Please RSVP
mixed vegetables	warm peach cobbler	Green beans	Mashed potatoes	Chicken Pot Pie \$5
Chef's fruit	fruit cup	Wheat sandwich bread	Cauliflower & red pepper	muffin
			Mandarin oranges	fruit cup
				milk
Closed	BBQ Riblet	Roast turkey w/cheddar	Western eggs	Please RSVP
Indigenous Day	Oven fries	ale sauce	Hashbrown potatoes	Wendy's Baked potato \$5
	Black bean & corn	Vegetable rice pilaf	Maple glazed pears	Sour cream & chives
	Whole apple	Broccoli / oatmeal cookie	Raisin bread	Cup of Wendy's Chilli
EARLY VOTING	EARLY VOTING	EARLY VOTING	EARLY VOTING	CASINO TRIP
Bavarian bratwurst	Chicken chardonnay	Texas Chilli	Veal marsala	Baked pollock piccata
Diced parslid potatoes	Mashed potatoes	Mac & Cheese	Scalloped potatoes	Baked potato
Carrots	Broccoli	Country blend vegetables	Stewed tomatoes	California blend
Fresh melon	Fresh orange/ choc pudding	Fruit cup/wheat bread	Chilled pears /beet salad	Wheat bread/pudding
EARLY VOTING	EARLY VOTING	EARLY VOTING	EARLY VOTING	
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 mashed	
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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