

Park Tower Community Café

247 Caterpillar Drive

Joliet, IL 60435

CNN Café Manager: Jennifer Delarosa



# November 2024

## Community Nutrition Network & Senior Services Association



Days: Monday Tuesday & Friday

Times: 11:00 AM-12:00 PM

Phone: (815) 351-4639

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, REFRIGERATE IT RIGHT AWAY!</p> <p>Do not leave it sitting out. Please be safe. Each meal served with fat-free or skim milk.</p>				<p>1 Surimi Crab Alfredo Penne Pasta Zucchini /Red Pepper &amp; Onions Chef's Veggie Whole Wheat Roll Fruit Cup</p>
<p>4 Baked Meatloaf w/ Gravy Cauliflower Mashed Potatoes Mixed Vegetables Whole Wheat Roll Pineapple Tid-Bits</p>	<p>5 <b><u>Deli Menu</u></b></p>	<p>6</p>	<p>7</p>	<p>8 Swedish Meatballs /Gravy Mashed Potatoes Broccoli Multi Grain Bread Fresh Melon</p>
<p>11 <b><u>CLOSED</u></b> <b>VETERANS DAY</b></p>	<p>12 <b><u>Deli Menu</u></b></p>	<p>13</p>	<p>14</p>	<p>15 Classic lasagna w/meat sauce Broccoli Chef's Vegetable Wheat bread Oatmeal raisin cookie</p>
<p>18 Roasted Turkey &amp; Gravy Baked Sweet Potatoes Mixed Vegetables Bread Stuffing Chef's Fruit</p>	<p>19 <b><u>Deli Menu</u></b></p>	<p>20</p>	<p>21</p>	<p>22 Citrus Alaskan Pollock Vegetable rice pilaf Country blend vegetable Multi grain dinner roll Chick pea salad Fresh melon</p>
<p>25 Roast Turkey &amp; Gravy Baked Sweet Potatoes Green Bean Casserole Bread Stuffing Dessert</p>	<p>26 <b><u>Deli Menu</u></b></p>	<p>27</p>	<p>28 <b><u>CLOSED</u></b> <b>HAPPY HOLIDAYS!</b></p>	<p>29 <b><u>CLOSED</u></b> <b>HAPPY HOLIDAYS!</b></p>

**Menu subject to change due to availability of items.** Funding in in part is provided by AgeGuide

Suggested Lunch Donation: \$5.00

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