

Park Tower Community Café  
 247 Caterpillar Drive  
 Joliet, IL 60435  
 CNN Café Manager: Jennifer Delarosa



# October 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</p> <p><b><u>Deli Menu</u></b></p>	<p>2</p>	<p>3</p>	<p>4</p> <p>Classic lasagna w/meat sauce            Broccoli            Chef's Vegetable            Wheat bread            Oatmeal raisin cookie</p>
<p>7</p> <p>Roast turkey &amp; gravy            Baked sweet potatoes            Mixed Vegetables            Bread stuffing            Chef's Fruit</p>	<p>8</p> <p><b><u>Deli Menu</u></b></p>	<p>9</p>	<p>10</p>	<p>11</p> <p>Citrus Alaskan Pollock            Vegetable rice pilaf            Country blend vegetable            Multi grain dinner roll            Chick pea salad</p>
<p>14</p> <p><b><u>CLOSED</u></b>  <b>INDIGENOUS</b>  <b>PEOPLES' DAY</b></p>	<p>15</p> <p><b><u>Deli Menu</u></b></p>	<p>16</p>	<p>17</p>	<p>18</p> <p>Chicken breast            parmesan            Penne pasta            Squash medley            Wheat Vienna            Chilled peaches</p>
<p>21</p> <p>Bavarian Bratwurst            Diced Parslied            Carrots            Rye Bread            Fresh Melon</p>	<p>22</p> <p><b><u>Deli Menu</u></b></p>	<p>23</p>	<p>24</p>	<p>25</p> <p>Baked Pollock Piccata            Baked Potato            California Blend            Wheat Bread            Lemon Mandarin            Pudding</p>
<p>28</p> <p>Slowed Roasted Beef/            Gravy            Mashed Potatoes            Brussel Sprouts            Bread            Chilled Pears            Cookie</p>	<p>29</p> <p><b><u>Deli Menu</u></b></p>	<p>30</p>	<p>31</p>	

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

Suggested Lunch Donation: \$4.00

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