

January 2025




Community Nutrition Network & Senior Services Association

Lemont Community Café
16300 Alba St
Lemont, IL 60439

Days: Mondays-Fridays
 Times: 11:00am-2:00pm
 Phone: 630-257-0515

Café

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 2 Chicken Vesuvio Mashed Potatoes Cauliflower & Red Peppers Wheat Bread Mandarin Oranges	3 Citrus Alaskan Pollock Vegetable Rice Pilaf Country Blend Vegetable Multi-Grain Dinner Roll Chick Pea Salad
6 Hot Roast Beef Mashed Potatoes w/Gravy Peas and Carrots Wheat Bread Fresh Orange	7 BBQ Riblet Oven Fries Black Beans and Corn Wheat Sandwich Bun Whole Apple	8 DELI BAR Corn Dusted Flounder Whole Wheat Roll Broccoli Cheddar Soup Tossed Garden Salad Cottage Cheese	9 Western Eggs Hashbrowned Potatoes Maple Glazed Pears Raisin Bread and Banana Cranberry Juice	10 Chicken Breast Parmesan Penne Pasta w/Marinara Squash Medley Wheat Vienna Chilled Peaches
13 Bavarian Bratwurst Diced Parslied Potatoes Carrots Rye Bread Fresh Melon	14 Chicken Chardonnay Mashed Potatoes Broccoli Multi-Grain Bread Fresh Orange Chocolate Pudding	15 DELI BAR Chicago Style Hot Dog Whole Wheat Bun Tomato Lentil Soup Tossed Garden Salad Cottage Cheese Chocolate Pudding	16 Veal Marsala Scalloped Potatoes Stewed Tomatoes Multi-Grain Bread Chilled Pears Beet Salad	17 Baked Pollock Piccata Baked Potato California Blend Vegetables Wheat Bread Lemon Mandarin Pudding
 20 Happy MLK Day!	21 Turkey Pot Roast w/Gravy Baked Potato Peas and Carrots Multi-Grain Bread Banana	22 DELI BAR Chicken Tender Poor Boy Whole Wheat French Roll Cheddar Corn Chowder Soup Tossed Garden Salad Cottage Cheese and Pineapple	23 Chicken Tenders w/Country Chicken Gravy Bread Stuffing Mashed Sweet Potatoes Bean Medley and Pea Salad	24 Surimi Crab Alfredo Penne Pasta Zucchini w/Red Peppers Multi-Grain Dinner Roll Fruit Cup
27 Baked Meatloaf w/Gravy Cauliflower Mashed Potatoes Mixed Vegetables Whole Wheat Roll Pineapple Tidbits	28 BBQ Pulled Pork Oven Fries Carrot Raisin Salad Wheat Sandwich Bun Warm Apple Crumble	29 DELI BAR Chicken Salad Sandwich Split Pea Soup Tossed Garden Salad Cottage Cheese Sliced Peaches	30 Cheese Omelette Hashbrowned Potatoes Whole Wheat Biscuit Apple Juice Fruit Yogurt and Fresh Orange	31 Swedish Meatballs w/Gravy Mashed Potatoes Broccoli Multi-Grain Bread Fresh Melon

MENU SUBJECT TO CHANGE DUE TO AVAILIBTY OF ITEMS

Suggested Donation: \$3.50

Funds, in whole or in part, for this publication were provided through Age Options and Northeastern Illinois Area Agency on Aging under Title III of the Older Americans act as administered through the Illinois Department on Aging and the Federal Administration on Aging. Community Nutrition Network does not discriminate in admission to programs or treatment of employment in programs or activities in compliance with the Illinois Human Rights Act; the U.S.Civil Rights act' Section 504 of the Rehabilitation Act; the Age Discrimination Act; the Age Discrimination in Employment Act and the U.S. and Illinois Constitutions. If you feel you have been discriminated against, you have the right to file a complaint. For information, dial 1-800-252-8966 (voice & TDD) or contact the Director of Personnel at (312)207-5290

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Activities

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Monday	Tuesday	Wednesday	Thursday	Friday
		1 	2	3
6 BINGO @ 12:15 	7	8 DELI BAR! \$3.50 	9	10 Puzzle Day! Enjoy a crossword, word search, or sudoku puzzle with your lunch!
13 BINGO @ 12:15 	14	15 DELI BAR! \$3.50 	16 Arts and Crafts Day! 	17
20 	21 BINGO @ 12:15 	22 DELI BAR! \$3.50 	23 Movie Day! starts @ 11:30am Popcorn served with lunch Movie: The Age of Adeline	24 Puzzle Day! Enjoy a crossword, word search, or sudoku puzzle with your lunch!
27 BINGO @ 12:15 	28	29 DELI BAR! \$3.50 	30	31

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