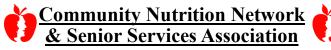
CNN Proviso Community Café & Meals on Wheels 1609 N. 36th Avenue Melrose Park, IL 60160 Days: Mondays-Fridays Times: 8:00am-2:00pm Phone: 708-316-7488





CNN Manager: Laurie Madden

Monday	Tuesday	Wednesday	Thursday	Friday
2. Bavarian bratwurst, diced parslied potatoes, carrots, rye bread & fresh melon	3. Chicken chardonnay, mashed potatoes, broccoli, multi grain bread, fresh orange & chocolate pudding	4. Texas chili, mac & cheese, country blend vegetables, multi grain bread & fruit cup	5. Veal marsala, scalloped potatoes, stewed tomatoes, multi grain bread, chilled pears & beet salad	6. Baked pollack piccata, baked potato, California blend, wheat bread & lemon mandarin pudding
9. Slow roasted beef/gravy, mashed potatoes, Brussel sprouts, multi grain bread, chilled pears & cookie	10. Turkey pot roast/gravy, baked potato, peas & carrots, multi grain bread, chef's fruit & banana	11. Spaghetti & meatball marinara, broccoli, wheat vienna & chilled peaches	12. Chicken tenders in country chicken gravy, bread stuffing, sweet mashed potatoes, northern bean & tomato medley, apple, pea salad	13. Surimi crab alfredo, penne pasta, zucchini w/ red peppers & onions, chef's choice vegetable, multi grain dinner roll & fruit cup
16. Baked meatloaf w/ country gravy, mashed cauliflower potatoes, mixed vegetables, whole wheat roll & pineapple tidbits	17. BBQ pulled pork, oven fries, carrot raisin salad, wheat sandwich bun, warm apple crumble & chef's choice	18. Miso glazed chicken thigh, scalloped potatoes, baked bean casserole, wheat bread & fruit jell-o	19. ** BREAKFAST** Cheese omelet, hash browned potatoes, whole wheat biscuit, apple juice, fruit yogurt & fresh orange	20. Swedish meatballs & gravy, mashed potatoes, broccoli, multi grain bread & fresh melon
23. Baked ham, cran raisin sauce, baked potato, mixed vegetables, rye bread & dessert	24. CLOSED  CHRISTMAS EVE	25. CLOSED  Merry Christpas	26. Hot dog, oven fries, bean casserole, wheat hotdog bun, banana & fresh melon	27. Classic lasagna w/ meat sauce, broccoli, chef's choice vegetable, wheat bread & oatmeal raisin cookie
30. Roast turkey & gravy, baked sweet potatoes, mixed vegetables, bread stuffing & chef's fruit	31. CLOSED  Vear's  Eve	Happy New* Sycard from Age Option under title 111 of	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! Do not leave it sitting out. Please be safe.	Fat free or low fat milk with each meal  Suggested Donation \$3.25

Funds in whole or in part for this publication were provided through an ward from Age Option under title 111 of the older Americans Act as administered through the Illinois Department on Aging and 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 discriminated against, you have the tight to file a complaint. For information dial 1-800-252-8965 (Voice and TD