





FEBRUARY 2025

Monday	Tuesday	Wednesday	Thursday	Friday
3. Roast Pork & Gravy Au Gratin Potatoes Peas & Carrots Multi Grain Bread Whole Apple	4. <u>DELI BAR</u> Cheeseburger Wheat Bun Tomato Soup Tossed Garden Salad Cottage Cheese Sliced Pears	5. Salisbury Steak/Gravy Mashed Potatoes Corn Multi Grain Dinner Roll Pineapple Tidbits	6. Hot Dog Oven Fries Bean Casserole Wheat Hot Dog Bun Banana	7. Classic Lasagna W/ Meat Sauce Broccoli Chef's Choice Vegetable Wheat Bread Oatmeal Raisin Cookie
10. Roast Turkey & Gravy Baked Sweet Potatoes Mixed Vegetables Bread Stuffing Chef's Fruit	11. Spaghetti & Meatball Marinara Mixed Salad Greens Multi Grain Bread Warm Peach Cobbler	12. <u>Sandwich/Salad</u> Crab Salad Sandwich Lettuce & Tomato Garnish Beet Salad Marble Rye Bread Tropical Fruit	13. <u>DELI BAR</u> Tuna Salad Sandwich Wheat French Roll Cream of Broccoli Soup Tossed Garden Salad Cottage Cheese Mandarin Oranges	14. Valentine's Day Party Pizza Salad Fruit Desert Donation: \$5 Please RSVP
17. CLOSED 	18. BBQ Riblet Oven Fries Black Beans & Corn Wheat Bun Whole Apple	19. <u>Sandwich/Salad</u> Shaved Roast Beef & Cheese Lettuce & Tomato Garnish Corn Relish Salad Whole wheat bun	20. <u>DELI BAR</u> Turkey Trio & Provolone Wheat French Roll Split Pea Soup Tossed Garden Salad Cottage Cheese, Banana	21. Chicken Breast Parmesan Penne Pasta/Marinara Squash Medley Wheat Vienna
24. <u>Sandwich/Salad</u> Crab Salad Sandwich Lettuce & Tomato Garnish Kidney Bean Salad Whole wheat bun Pineapple Tid Bits	25. Chicken Chardonnay Mashed Potatoes Broccoli Multi Grain Bread Orange Chocolate Pudding	26. <u>Sandwich/Salad</u> Ham & Cheese Lettuce & Tomato Garnish Pea Salad Multi Grain Bread Chilled Peaches	27. Lunch with The Pearl of Hillside	28. Black History Month Luncheon Ham, Greens, Mac & Cheese, Sweet Potatoes, Cornbread Donation \$6 Please RSVP
		Suggested Donation \$3.50 Deli Bar \$4.00		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 your food sitting out. Please be safe. Each meal served with low fat milk



MENU SUBJECT TO CHANGE DUE TO AVAILABILITY OF ITEMS Funds in whole or in part for this publication were provided through an award 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 right to file a complaint. For information dial 1-800- 252-8965 (Voice and TD) _Funding in part is provided by Age Options.

Bellwood Café
439 Bohland Ave
Bellwood, IL. 60104

Days: Mondays-Fridays
Hours: 9:00am- 2:00pm
Lunch served @ 11:30am

ACTIVITIES



Monday	Tuesday	Wednesday	Thursday	Friday
<p>3.</p> <p>10:00 AM - Exercise 10:30 AM - Trivia 12:00 PM - Name That Tune</p>	<p>4.</p> <p>10:00 AM - Exercise 10:30 AM - Bingo 12:00 PM - Bingo</p>	<p>5.</p> <p>10:00 AM - Exercise 10:30 AM - Arts & Ice Cream 12:00 PM - Brain Games</p>	<p>7.</p> <p>10:00 AM - Exercise 10:30 AM - Alzheimer's Presentation 12:00 PM - Bingo</p>	<p>10:00 AM - Exercise 10:15 AM - Zumba Gold 12:00 PM - Bingo</p>
<p>10.</p> <p>10:00 AM - Exercise 10:30 AM - Crafts w/ Bellwood Library 12:00 PM - Short Film</p>	<p>11.</p> <p>10:00 AM - Exercise W/White Crane 10:30 AM - Bingo 12:00 PM - Bingo</p>	<p>12.</p> <p>10:00 AM - Exercise 10:30 AM - Arts & Crafts 12:00 PM - Brain Games</p>	<p>13.</p> <p>10:00 AM - Exercise 10:30 AM - Presentation 12:00 PM - Bingo</p>	<p>14. 10:00 AM - Exercise 10:15 AM - Zumba Restaurant Day Lunch \$5 Valentine's Day Party "BINGO BASH"</p>
<p>17.</p> 	<p>18.</p> <p>10:00 AM - Exercise W/White Crane 10:30 AM - Bingo 12:00 PM - Bingo</p>	<p>19.</p> <p>10:00 AM - Exercise 10:30 AM - Arts & Crafts 12:00 PM - Brain Games</p>	<p>20.</p> <p>10:00 AM - Exercise 10:30 AM - Presentation 12:00 PM - Bingo</p>	<p>21.</p> <p>10:00 AM - Exercise 10:15 AM - Zumba Gold 12:00 PM - Bingo</p>
<p>24.</p> <p>10:00 AM - Exercise 10:30 AM - Current Events 12:00 PM - Easy Listening</p>	<p>25.</p> <p>10:00 AM - Exercise W/White Crane 10:30 AM - Bingo 12:00 PM - Bingo</p>	<p>26.</p> <p>10:00 AM - Exercise 10:30 AM - Arts & Crafts 12:00 PM - Brain Games</p>	<p>27.</p> <p><i>MONTHLY BIRTHDAY PARTY</i></p> 	<p>28.</p> <p>10:00 AM - Exercise 10:15 AM - Zumba Restaurant Day Lunch \$6 Black History Month Celebration</p>