

FEBRUARY 2025

Hours: Monday Through Friday, 8:00am to 2:00pm

Site Manager
ELIZABETH MORALES
(708) 843-6229 - RSVP

BINGO Mon-Fri
10:30AM- 11:30AM
Lunch 11:30am

Community Nutrition Network
3140 Enterprise Park Ave
South Chicago Heights IL 60411
Homebound MENU



Monday	Tuesday	Wednesday	Thursday	Friday
3 Slow roasted beef/gravy Mashed potatoes Brussel sprouts Chilled pears/cookie	4 Turkey pot roast /gravy Baked potato Peas & carrots Chef's fruit salad	5 Ash Wednesday Cheese ravioli w/roasted butternut squash cream sauce Broccoli Sliced cinnamon apples	6 Chicken tenders in country gravy Bread stuffing Sweet potato mashed	7 Surimi crab alfredo Penne pasta Zucchini w/red pepper & onions Fruit cup
10 Baked meatloaf Cauliflower mashed Mixed vegetables Pineapple tidbits	11 BBQ riblet Oven fries Carrot raisin salad Apple crumble	12 Miso glazed Chicken thigh Scalloped potatoes Baked bean casserole Fruit jello	13 Swedish meatball & gravy Mashed potatoes Broccoli Multi grain bread	14 Cheese omeltte Hashbrown potatoes Whole wheat biscuit Fruit yogurt / orange
17 CLOSED 	18 Cheddar broccoli chicken rice casserole Cauliflower /pea salad Cranberry crumble	19 Salisbury steak/ gravy Mashed potatoes Corn Pineapple tidbits	20 Hot Dog Oven fries Bean casserole Banana / fresh melon	21 Classic lasagna w/marinara Broccoli Chef's choice vegetable Oatmeal raisin cookie
24 Roast turkey & gravy Baked sweet potatoes Mixed vegetables Bread stuffing	25 Spagetti & meatballs Mixed salad greens Warm peach cobbler Fruit cup	26 Hamburger German potato salad Green beans Applesauce	27 Chicken vesuvio Mashed potatoes Cauliflower w/red pepper Mandarin oranges	28 Citrus Alaskan pollock Vegetable rice pilaf Country blend vegetable Chick pea salad
31 Meatball marinara sub Potatoes italiano Italian green beans French roll/orange				If you are not ready to eat your meal when it is delivered, REFRIGERATE IT RIGHT AWAY PLEASE DON'T LEAVE YOUR FOOD SITTING OUT!
				Fat-free or Low-fat milk with each meal

MENU SUBJECT TO CHANGE DUE TO AVAILIBTY OF ITEMS

Donation \$3.50

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