

Nutrition Community Café
 3140 Enterprise Park Ave
 S. Chicago Heights IL 60411
 Café (708) 755-7903

2019
HAPPY
NEW YEAR

January 2019

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



Café Manager: Elizabeth Morales
 Phone number (224)531-1864

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|--|---|
| Fat-free or Low-fat milk with each meal | Baked Ham w/ sweet sour glaze Green Beans Sweet Potato Rye Bread Granola Bar Pears | Chicken Corn Chowder casserole Rotini Pasta Mixed Vegetables Coleslaw Wheat bread Apple | Ground taco beef fiesta rice mexican beans flour tortillas tossed salad pineapple | Chicken Divan ALT: Tilapia w/ butter sauce Rice Peas Juice Fruit salad & wheat roll |
| Stuffed Green Peppers Green Beans Garden Salad Bread | German Style Roast Pork German Mushroom gravy Potato Pancake Dill Carrots Biscuit & Applesauce | Maxwell Steet Smoked polish Potato Salad Baked Beans Pineapple | Chicken Italiano w/ red sauce ALT; White Fish citrus sauce Pasta Green beans wheat roll & Pear | Meatloaf w/ Gravy Mashed Potatoes Succotash Tropical fruit salad multi grain bread & graham cracker |
| Grecian Chicken Vesuvio Potatoes Greek Salad Bread | Stuffed Cabbage Rolls Scalloped Potatoes Corn Wheat roll Orange & Cookie | Italian Sausage w/ red sauce Pasta Peas Whole Grain roll broccoli salad Apples | Turkey pot roast Mashed Potatoes Stew Vegetables Royal bean salad sour dough roll pears | Lemon Chicken ALT: Creole Whitefish Rice Mixed Vegetables Pea Salad Fruit Cocktail |
| MLK CLOSED | | | | |
| Turkey Tetrazzani Noodles Broccoli 3 Bean Salad Bread | Luau Pork ALT: Lemon Peper whitefish Island Rice Mixed Vegetables Royal bean salad & Bread | Southern Chicken w/ country gravy Mashed potatoes w/ country gravy Corn Biscuit Fruit salad & Oatmeal bar | Stuffed pepper w/ sauce Pasta Green beans Mushroom salad french bread | Coyote Canyon Buffett \$15 Per Person Please RSVP LAST Day to RSVP on 1/16/2019 |
| Sloppy Joes Potato Chips Carrots & celery Pears | Chicken & Sausage Casserole Rice Peas & Carrots Cajun Coleslaw Tropical Fruit Salad bread | Turkey pot pie Mixed Vegetables Mashed potatoes Muffin Banana | Vesuvio Meatballs Vesuvio Potatoes Carrots Sliced Apples Multi grain bread Oatmeal Bar | If you cannot eat your meal or 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! BE SAFE !! |

MENU SUBJECT TO CHANGE DUE TO AVAILABILITY OF ITEMS

Donation \$2.00

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