

Schaumburg CNN Senior
Café @ The Barn
231 S. Civic Drive
Schaumburg, 60193

Days: Mondays-Fridays
Times: 10:00am-2:00pm
Phone: 847-524-7496



Community Nutrition Network & Senior Services Association



August 2022

CNN Café Manager: Caitlin Wilson
Senior Services Manager: Marina Lvovich

Monday	Tuesday	Wednesday	Thursday	Friday
1. Hoffman House Portillo's \$5.00 Cheeseburger Lettuce, Tomato, Pickle & Onion Fruit Salad	2. Chicken w/ Garden Rotini Pasta Salad Mixed Salad Greens Herbed Tomato Wedges Multi-Grain Bread Pineapple Tid Bits	3. Soufflé Lorraine Potatoes O'Brien Fruit Cup Blueberry Muffin Bread Whole Orange	4. Baked Meatloaf w/ Country Gravy Mashed Potatoes Carrots & Chives Whole Wheat Bread Chilled Peaches	5. Nana's Hot Dogs \$5.00 Grilled Chicken Sandwich Lettuce, Tomato and Mayo Chicken Noodle Soup Fruit
8. Hoffman House Meatball Marinara Sub Sandwich Potatoes Italiano Italian Green Beans Wheat French Roll Whole Orange	9. Salisbury Steak Mashed Potatoes and Gravy Cabbage & Carrots Multi-Grain Dinner Roll Mixed Fruit Oatmeal Raisin Cookie	10. Roasted Turkey Breast & Wisconsin Cheddar Wheat Kaiser Lettuce and Tomato Pea Salad Pineapple Tid Bits	11. Chicken & Mini Dumplings Garden Vegetables Corn & Black Bean Salad Multi-Grain Dinner Roll Hot Glazed Apples	12. Hawaiian Luau Party Riccardo's \$5.00 Pizza Salad Fruit Bread Roll
15. Hoffman House Denny's \$5.00 Scrambled Eggs, 2 Pancakes, Hash browns, 2 Sausage Links, and 2 Bacon Strips	16. French Dip Of Beef w/ Mushrooms & Onions Oven Fries Corn Wheat French Roll Fresh Melon	17. Classic Lasagna w/ Meat Sauce Squash Medley Italian Green Beans Whole Wheat Bread Chilled Pears	18. Surimi Crab Salad Mixed Salad Greens w/ Tomato Wedges Dilled Cucumbers Whole Wheat Bread Apple Crisp	19. KFC \$5.00 Famous Bowl Coleslaw Cookie Mixed Fruit
22. Hoffman House BBQ Riblet Sweet Potato Mashed Chefs Vegetables Wheat Sandwich Bun Strawberry Yogurt	23. Hamburger Bean Casserole Mixed Vegetable Fruit Sunburst Fresh Melon Wheat Bun	24. BLT Chicken Salad Mixed Salad Greens w/ Tomato Wedges Tri-Bean Salad Crackers Mandarin Oranges	25. Spaghetti & Meatball Marinara Mixed Salad Greens Multi-Grain Bread Warm Peach Cobbler	26. Alden Poplar Creek \$4.00 Minestrone Soup Baked Mostaccioli Italian Sausage Green Beans Dinner Roll Spumoni Ice Cream
29. Hoffman House Subway \$5 Italian Sub Sandwich w/ Veggies Chips Fruit	30. Eggs Biscuits and Gravy Diced Hash Browns Apple Cobbler Juice Banana	31. Slow Roasted Beef Au Gratin Potatoes Carrots & Chives Multi-Grain Dinner Roll Mixed Fruit	ToGo Meals Available Daily 11:30 AM- 1:00 PM Frozen Meals Available Monday's 11:30 AM- 1:00 PM Lunch Served at Noon Registration Begins Monday, July 25th	
Menu subject to change due to availability of items. Funding in part is provided by Age Options. Suggested Donation \$3.25				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 sit- ting out. Please be safe. Each meal served with fat free or low fat milk.



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1. 5 Pack Frozen Meals 11 AM Gardening 11:15 AM Home Instead Senior Care Presentation and Bingo Sponsorship	2. 10:30 AM Canvas Painting 6-8:00 PM National Night Out Event Complimentary Pizza, Ice-Cream, and Bingo	3. 10-10:30 AM Zumba with Josi	4. 11 AM Balloon Volleyball	5. Restaurant Day Lunch 1:30 PM Wellness Clinic 1:30-3:00 PM Market Day  (limited supplies)	6. Special Saturday Sponsored by the Lion's Club of Schaumburg and Hoffman Estates \$3.00 Suggested Donation <u>Menu:</u> Italian Beef Sandwich, Pasta Salad, and Dessert
8. 11 AM Gardening 11:15 AM Nursing and Senior Services – Medical Equipment Lending Closet Presentation	9. 10:00-10:30 AM Yoga and Chair Exercise with Samantha 10:45 AM Book Club with Renee (Nursing Office)	10. 10 AM Crochet Group 11:30 AM Schaumburg Boomer's Baseball Outing (Must be signed up—seats are limited) Meet at Stadium	11. 10:30 AM WITS-WORKOUT Brain Health Activity Program	12. Restaurant Day Lunch Hawaiian Luau Party Special Games and Special Dessert \$5.00	Menu: Italian Beef Sandwich, Pasta Salad, and Dessert
15. 11:30AM-1:00PM 5 Pack Frozen Meals 11 AM Gardening 11:15 AM “The Sour Side of Sugar” Presentation Nursing and Senior Services	16. 11:30 AM Home Serenity Health Care Presentation 1:45 PM Senior Advisory Council Meeting	17. 10-10:30 AM Zumba with Josi	18. “BINGO BANANZA” \$1 Lunch \$1 Bingo Cards or 6/\$5 Special Banana Treats Sponsored by the Barn Senior Advisory Council	19. Restaurant Day Lunch 1:30 PM Wellness Clinic 1:30-3:00 PM Market Day  (limited supplies)	20. Special Saturday Meal Catered from Jersey Mike's <u>Menu:</u> Turkey or Italian Sub Sandwich, Chips, Cookie, and Watermelon Sponsored by the Rotary Club of Schaumburg and Hoffman Estates \$3.00 Suggested
22. 10:30 AM Under the Blanket Card Game 11:30AM-1:00PM 5 Pack of Frozen Meals 11 AM Gardening	23. 10-10:30 AM Yoga and Chair Exercise with Samantha	24. 10 AM Crochet Group	25. 10:30AM Left, Right, Center Game with Gloria (using dimes) 11:15 AM Tower Hills Health Care Center Bingo Sponsorship	26. Alden Poplar Creek Special Luncheon \$4.00	Sponsored by the Rotary Club of Schaumburg and Hoffman Estates \$3.00 Suggested
29. 10:30 AM Thirty-One Card Game 11:30AM-1:00PM 5 Pack of Frozen Meals 11 AM Gardening	30. 10:30 AM Pokeno Game with Gloria with prizes	31. 10 AM Barn Picnic at Volkening Lake \$5 Lunch: Jumbo Hot Dog, Pickles, Chips, and Dessert Activities: Table Games and Gift Card Bingo	Upcoming Trip to Marriott Theatre: Wednesday, Sept. 14 Lunch and Matinee Show— “Hello Dolly” \$70 Includes Lunch, Show, and Transportation Registration for ALL events begins on Monday, July 25 Visit the Barn Webpage: www.schaumburg.com/thebarn BINGO will be played everyday after lunch		Transportation Options Senior Bus: 847.882.1929 Pace Bus: 847.352.8097

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Community Nutrition Network, Inc. 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 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 1-800-252-8965 [Voice and TDD] or contact Williams Burns, Director of Personnel at 312-207-5290. **We serve nutritious lunches to Schaumburg Township seniors and disabled friends for a voluntary donation.**