

November 2023

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/Pick-up 11:30am

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

Monday	Tuesday	Wednesday	Thursday	Friday
		1		3
Fat-free or Low-fat milk with each meal		Spagetti & meatball Broccoli Chilled pears	Egg salad/french roll Tomato Florentine oup Garden salad Pea salad	Surimi Crab Alfredo Penne pasta Zucchini w/red pepper Fruit cup
6	7	8	GoBBle TiLL you WoBBle 9	10
Baked Meatloaf w/ counrty gravy Cauliflower Mashed Mixed vegetables	BBQ Pulled pork/bun Oven fries Carrot raisin salad Warm apple crumble Chef's choice	Maple mustard glaze chicken Scalloped potatoes Baked bean casserole Fruuit jello	In Memory of Gordon Moberg Bingo 10:30-11:30 Bring for Potluck table	CLOSED
13	14	15	16	17
Golden Corral Buffet Meet at 2-4pm BINGO after lunch Senior Center CLOSED	Cheddar broccoli Chicken rice casserole Cauliflower Pea Salad	Salibury steak / gravy Mashed Potatoes Corn Pineapple tidbits	Hot Dog Oven Fries Bean Casserole Banana	CLOSED
20	21	22	23	24
Roast turkey & gravy Baked sweet potatoes Peas & Carrots Whole Apple	Spagetti & Meatball Mixed salad greens Warm peach cobbler Fruit Cup	Shaved pork w/ mediterranean sauce Scalloped potatoes Brussel sprouts	Happy Thansgiving CLOSED	CLOSED
27	28	29	30	
Hot Roast Beef Mashed Potatoes /gravy Peas & Carrots Fresh Orange	BBQ Riblet Oven Fries Black beans & corn Whole Apple	Roast Turkey w/ cheddar sauce Vegetable rice pilaf Broccoli Biscuit	Turkey trio cheese sub Split pea soup Tossed garden salad Pasta Salad	If you cannot eat your meal or if you are not ready to eat your meal when it is delivered, REFRIGERATE IT <u>RIGHT AWAY</u> PLEASE DON'T LEAVE YOUR FOOD SITTING OUT!

MENU SUBJECT TO CHANGE DUE TO AVAILBILTY OF ITEMS

Donation \$3.00

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