

Bellwood Café
439 Bohland Ave
Bellwood, IL. 60104
224-446-5163

Days: Mondays-Fridays
Hours: 8:30am– 1:30pm
Lunch served : 1:30am–12:00pm
Lunch Pick up 11:30am –1:30pm



Community Nutrition Network & Senior Services Association



Café Manager: Cyd Porter

DECEMBER

Monday

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!

Tuesday



Wednesday

Thursday

Friday

4 Sliced Bavarian Style
Bratwurst
Diced Parslied Potatoes
Carrots
Rye Bread
Fresh Melon

5 Chicago Style Hot Dog
Wheat Hot Dog Bun
Tomato Lentil Soup
Tossed Garden Salad
Cottage Cheese, Apple
Tri Bean Salad

6 Texas Chili
Mac & Cheese
Country Blend Vegetables
Multi Grain Bread
Fruit Cup

7 Stuffed Cabbage Roll
Multi Grain Dinner Roll
Minnesota Wild Rice
Tossed Garden Salad
Cottage Cheese
Chilled Pears
Beet Salad

8 Baked Pollock w/ Lemon
Butter Sauce
Baked Potato
California Blend
Wheat Bread
Vanilla Mandarin Pudding

11 Slow Roasted Beef/Gravy
Mashed Potatoes
Brussels Sprouts
Multi Grain Bread
Chilled Pears
Cookie

12 Turkey Pot Roast/ Gravy
Baked Potato
Peas & Carrots
Multi Grain Bread

13 Spaghetti & Meatball
Marinara
Broccoli
Wheat Vienna
Chilled Peaches

14 Chicken Tenders in Country
Chicken Gravy
Bread Stuffing
Sweet Potato Mashed
Northern Bean & Tomato Medley
Cran Applesauce
Pea Salad

15 BLT Chicken Salad
Sandwich
Lettuce & Tomato Garnish
Potato Salad
Whole Wheat Bread
Fruit Cup

18 Baked Meatloaf w/Country
Gravy
Cauliflower Mashed Potatoes
Mixed Vegetables
Whole Wheat Roll
Pineapple Tidbits

19 BBQ Pulled Pork
Oven Fries
Carrot Raisin Salad
Wheat Sandwich Bun
Warm Apple Crumble

20 Maple Mustard Glazed
Chicken Thigh
Scalloped Potatoes
Baked Bean Casserole
Wheat Bread
Jello

21 Christmas Party
Grilled /Fried Chicken
Potato Salad
Cole Slaw
Fruit Cup
Dinner Roll

22 Swedish Meatballs
Mashed Potatoes
Broccoli
Multi Grain Bread
Fresh Melon

26 Tuna Salad
Mixed Greens & Tomato
Chef's Garnish/Boiled Egg
Wheat Crackers
Pineapple Tidbits

27 Salisbury Steak/Gravy
Mashed Potatoes
Corn
Multi Grain Dinner Roll
Pineapple Tidbits

28 Hot Dog
Oven Fries
Bean Casserole
Wheat Hot Dog Bun
Banana
Fresh Melon

29 Classic Lasagna
w/ Meat Sauce
Broccoli
Chef's Choice Vegetable
Wheat Bread
Oatmeal Raisin Cookie



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](tel:1-800-252-8965) (Voice and TD)

Menu subject to change due to availability of items. Funding in part is provided by Age Options.

Donation:\$3.00