

CNN Proviso Community
Café
1609 N. 36th Avenue
Melrose Park, IL 60160

Days: Mondays-Fridays
Times: 8:00am-2:00pm
Phone: 708-316-7488

Community Nutrition Network & Senior Services Association

DECEMBER 2023

CNN Manager: Laurie Madden



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!** Do not leave it sitting out. Please be safe. Each meal served with milk low fat milk.

Tuesday

Suggested Donation
\$2.00



Wednesday

Proviso CNN Community Café, Staff & volunteers would like to wish you & yours Merry Christmas and a Happy New Year!! May you have peace, joy, and happiness through the Holiday season! Hope Santa is good to all! Much blessings for each of you in 2024!

Thursday



Friday

1. Chicken parmesan w/penne pasta and marinara, squash medley, wheat Vienna bread w/butter and chilled peaches



4. Sliced Bavarian Style Bratwurst, diced parsley potatoes, carrots, rye bread w/butter and fresh melon



5. Chicken chardonnay, mashed potatoes, broccoli, multi-grain bread, chocolate pudding and a fresh orange



6. Texas chili, mac n cheese, country blend veggies, multi-grain bread and fruit cup



7. Veal Marsala, scalloped potatoes, stewed tomatoes, multi-grain bread w/butter, beet salad and chilled pears



8. Baked Pollock w/lemon butter sauce, baked potato, California blend, wheat bread w/butter and vanilla mandarin pudding



11. Slow roasted beef w/gravy, mashed potatoes, Brussel sprouts, multi-gran bread w/butter, chilled pears and a cookie



12. Turkey pot roast w/gravy, baked potato, peas & carrots, multi-grain bread w/butter, chef's fruit and a banana



13. Spaghetti & meatballs w/marinara, broccoli, wheat Vienna bread w/butter, and chilled peaches



14. Chicken tenders in country chicken gravy, bread stuffing, mashed sweet potatoes, northern bean and tomato medley, pea salad and cran apple sauce



15. Surimi crab alfredo w/penne pasta, zucchini w/red peppers, Chef's choice veggies, multi-grain dinner roll w/butter and fruit cup



18. Baked meatloaf w/country gravy, cauliflower mashed potatoes, mixed veggie, whole wheat roll w/butter and pineapple tid bits



19. BBQ pulled pork w/wheat sandwich bun, oven fries, carrot raisin salad, warm apple crumble and Chef's Choice



20. Maple mustard glazed chicken thigh, scalloped potatoes, baked bean casserole, wheat bread w/butter and Jell-O w/fruit



21. Baked ham w/cran raisin sauce, roasted diced potatoes, mixed veggies, rye bread w/butter and dessert



22. Swedish meatballs w/gravy, mashed potatoes, broccoli, multi-grain bread w/butter and fresh melon



25. **CLOSED**
MERRY
CHRISTMAS!!



26. Cheddar broccoli chicken rice casserole, cauliflower, whole wheat roll w/butter, pea salad and warm pear and cranberry crumble



27. Salisbury Steak, mashed potatoes w/gravy, corn, multi-grain dinner roll w/butter, and pineapple tidbits



28. Hot Dog w/wheat hot dog bun, oven fries, bean casserole, a banana and fresh melon



29. Classic Lasagna w/meat sauce, broccoli, Chef's choice veggie, whole wheat bread w/butter, and Oat-meal 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.