

Joshua Arms Community Café  
1315 Rowell Avenue  
Joliet, IL 60433  
CNN Café Manager: Ekua Gyenfie



# December 2023

## Community Nutrition Network & Senior Services Association



Days: Monday-Friday  
Times: 11:00 AM-1:00 PM  
Phone: (815) 351-9293

Monday	Tuesday	Wednesday	Thursday	Friday
<p>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!</p> <p>Do not leave it sitting out. Please be safe. Each meal served with fat-free or skim milk.</p>				<p>1 Chicken Breast Parmesan Penne Pasta w/Marinara Squash Medley Wheat Vienna Chilled Peaches</p>
<p>4 Sliced Bavarian Style Bratwurst Diced Parslied Potatoes Carrots Rye Bread Fresh Melon</p>	<p>5 Chicken Chardonnay Mashed Potatoes Broccoli Multi-Grain Bread Fresh Orange Chocolate Pudding</p>	<p>6 Texas Chili Mac &amp; Cheese Country Blend Vegetable Multi-Grain Bread Fruit Cup</p>	<p>7 Veal Marsala Scalloped Potatoes Stewed Tomatoes Multi-Grain Bread Chilled Pears Beet Salad</p>	<p>8 Baked Pollock w/Lemon Butter Sauce Baked Potato California Blend Wheat Bread Vanilla Mandarin Pudding</p>
<p>11 Slow Roasted Beef w/ Gravy Mashed Potatoes Brussels Sprouts Multi-grain Bread Chilled Pears</p>	<p>12 Turkey Pot Roast in Gravy Baked Potato Peas &amp; Carrots Multi-Grain Bread Banana</p>	<p>13 Spaghetti &amp; Meatball Marinara Broccoli Wheat Vienna Chilled Peaches</p>	<p>14 Chicken Tenders in Country Chicken Gravy Bread Stuffing Mashed Sweet Potato Northern Bean &amp; Tomato Medley</p>	<p>15 Surimi Crab Alfredo w/ Penne Pasta Zucchini w/Red Peppers &amp; Onion Chef's Choice Vegetables Multi-grain Dinner Roll</p>
<p>18 Baked Meatloaf w/ Country Gray Cauliflower Mashed Potatoes Mixed Vegetables Whole Wheat Roll</p>	<p>19 BBQ Pulled Pork w/ Wheat Sandwich Bun Oven Fries Carrot Raisin Salad Warm Apple Crumble Chef's Choice</p>	<p>20 Maple Mustard Glazed Chicken Thigh Scalloped Potatoes Baked Bean Casserole Wheat Bread Fruit Jello</p>	<p>21 Baked Ham, w/Cran Raisin Sauce Roasted Diced Potatoes Mixed Begetables Rye Bread Dessert</p>	<p>22 SWEDISH MEATBALLS/ GRAVY MASHED POTATOES BROCCOLI MULTI GRAIN BREAD FRESH MELON</p>
<p>25  Closed</p>	<p>26 Cheddar Broccoli Chicken Rice Casserole Cauliflower Whole Wheat Roll Warm Pear &amp; Cranberry Crumble</p>	<p>27 Salisbury Steak w/Gravy Mashed Potatoes Corn Multi-Grain Dinner Roll Pineapple Tidbits</p>	<p>28 Hot Dog w/Wheat Bun Oven Fries Bean Casserole Banana Fresh Melon</p>	<p>29 CLASSIC LASAGNA W/ MEAT SAUCE BROCCOLI CHEF'S CHOICE VEGGIE WHEAT BREAD OATMEAL RAISIN COOKIE</p>

**Menu subject to change due to availability of items.** Funding in in part is provided by AgeGuide

Suggested Lunch Donation: \$4.00

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