

Park Tower Community Café
 247 Caterpillar Drive
 Joliet, IL 60435
 CNN Café Manager: Jennifer Delarosa



March 2024

Community Nutrition Network & Senior Services Association



Days: Monday & Friday
 Times: 11:00 AM-12:00 PM
 Phone: (815) 351-4639

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>			
<div>4</div> <div>Slow Roasted Beef/Gravy</div> <div>Mashed Potatoes</div> <div>Brussel Sprouts</div> <div>Multi-Grain Bread</div> <div>Chilled Pears</div> <div>Cookie</div>	<div>5</div>	<div>6</div>	<div>7</div>	<div>8</div> <div>Surimi Crab Alfredo</div> <div>Penne Pasta</div> <div>Zucchini W/ Red Peppers & Onions</div> <div>Chef's Veggie</div> <div>Dinner Roll</div> <div>Fruit Cup</div>
<div>11</div> <div>Baked Meatloaf W/ Country Gravy</div> <div>Cauliflower Mashed Potatoes</div> <div>Mixed Veggies</div> <div>Wheat Roll</div> <div>Pineapple Tidbits</div>	<div>12</div>	<div>13</div>	<div>14</div>	<div>15</div> <div>Cheese Omelette</div> <div>Hash Browned Potatoes</div> <div>Wheat Biscuit</div> <div>Apple Juice</div> <div>Fruit Yogurt</div> <div>Fresh Orange</div>
<div>18</div> <div>Roast Pork & Gravy</div> <div>Au Gratin Potatoes</div> <div>Peas & Carrots</div> <div>Wheat Bread</div> <div>Whole Apple</div>	<div>19</div>	<div>20</div>	<div>21</div>	<div>22</div> <div>Classic Lasagna W/ Marinara</div> <div>Broccoli</div> <div>Chef's Choice Veggies</div> <div>Wheat Bread</div> <div>Oatmeal Raisin Cookie</div>
<div>25</div> <div>Roast Turkey & Gravy</div> <div>Baked Sweet Potatoes</div> <div>Mixed Vegetables</div> <div>Bread Stuffing</div> <div>Chef's Fruit</div>	<div>26</div>	<div>27</div>	<div>28</div>	<div>29</div> <div>Citrus Alaskan Pollock</div> <div>Veggie Rice Pilaf</div> <div>Country Blend Veggies</div> <div>Multi-Grain Roll</div> <div>Chick Pea Salad</div> <div>Fresh Melon</div>

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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