

Joshua Arms Community Café

1315 Rowell Avenue

Joliet, IL 60433

CNN Café Manager: Michelle Gotchie



March 2024

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



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 fat-free or skim milk.



1 Baked Pollock W/ Lemon Butter Sauce
Baked Potato
Calif Blend Veggies
Wheat Bread
Vanilla Mandarin Pudding

4 Slow Roasted Beef/Gravy
Mashed Potatoes
Brussel Sprouts
Multi-Grain Bread
Chilled Pears
Cookie

5 Turkey Pot Roast /Gravy
Baked Potato
Peas & Carrots
Multi-Grain Bread
Chef's Fruit
Banana

6 Spaghetti & Meatball
Marinara
Broccoli
Wheat Vienna
Chilled Peaches

7 Chicken Tenders/ Country Gravy
Bread Stuffing
Sweet Potato Mashed
Northern Bean & Tomato Mix
Cran Applesauce
Pea Salad

8 Surimi Crab Alfredo
Penne Pasta
Zucchini W/ Red Peppers & Onions
Chef's Veggie
Dinner Roll
Fruit Cup

11 Baked Meatloaf W/ Country Gravy
Cauliflower Mashed Potatoes
Mixed Veggies
Wheat Roll
Pineapple Tidbits

12 BBQ Pulled Pork
Oven Fries
Carrot Raisin Salad
Wheat Sandwich Bun
Warm Apple Crumble
Chef's Choice

13 Maple Mustard Glazed Chicken Thigh
Scalloped Potatoes
Baked Bean Casserole
Wheat Bread
Fruit Jell-O

14 Irish Stew W/ Peas, Onions, Carrots And Celery
Irish Potatoes
Steamed Cabbage
Dinner Roll
Leprechaun Pistachio Pudding

15 Cheese Omelette
Hash Browned Potatoes
Wheat Biscuit
Apple Juice
Fruit Yogurt
Fresh Orange

18 Roast Pork & Gravy
Au Gratin Potatoes
Peas & Carrots
Wheat Bread
Whole Apple

19 Cheddar Broccoli Chicken
Rice Casserole
Cauliflower
Wheat Roll
Warm Pear Crumble
Pea Salad

20 Salisbury Steak /Gravy
Mashed Potatoes
Corn
Multi-Grain Roll
Pineapple Tidbits

21 Hotdog
Oven Fries
Bean Casserole
Wheat Hotdog Bun
Banana
Fresh Melon

22 Classic Lasagna W/ Marinara
Broccoli
Chef's Choice Veggies
Wheat Bread
Oatmeal Raisin Cookie

25 Roast Turkey & Gravy
Baked Sweet Potatoes
Mixed Vegetables
Bread Stuffing
Chef's Fruit

26 Spaghetti & Meatball
Marinara
Mixed Salad Greens
Multi-Grain Bread
Warm Peach Cobbler
Fruit Cup

27 Shaved Pork W/ Mediterranean Sauce
Scalloped Potatoes
Brussel Sprouts
Multi-Grain Bread
Apple Sauce

28 Baked Chicken & Gravy
Mashed Potatoes
Cauliflower /Red Peppers
Wheat Bread
Mandarin Oranges

29 Citrus Alaskan Pollock
Veggie Rice Pilaf
Country Blend Veggies
Multi-Grain Roll
Chick Pea Salad
Fresh Melon

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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