

APRIL 2024

Hours: Monday Through Friday, 8:00am to 2:00pm

Site Manager
ELIZABETH MORALES
(708) 843-6229 - RSVP

BINGO Mon-Fri
10:30AM- 11:30AM
Lunch/Pick-up 11:30am

Community Nutrition Network
3140 Enterprise Park Ave
South Chicago Heights IL 60411
Homebound MENU

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Meatball marinara sub Potatoes italiano Italian green beans Whole orange	Salisbury steak Mashed potatoes/gravy Cabbage & carrots Mixed fruit	Roasted Turkey breast & wisconsin cheddar Pea salad Pineapple Tidbits	Lemon basil chicken Garden vegetables Corn & black beans Apple sauce	Veal Parmesan w/penne pasta and marinara sauce Broccoli Fresh melon
8	9	10	11	12
Chicken a la orange Vegetable rice pilaf Northern beans Chilled pears	French dip of beef with mushrooms & onions Oven fries Whole apple	Lasanga w/meat sauce Squash medley Italian green beans Chilled pears	Surimi crab salad Mixed salad greens Dilled cucumbers Apple cinnamom muffin	Hot dog Twice baked potato casserole Peas & carrots Bran muffin bread
15	16	17	18	19
BBQ Riblet Sweet potato mashed Chef's vegetable Strawberry yogurt	Hamburger Bean casserole Mixed vegetable Fruit sunburst	BLT chicken salad Mixed salad greens Tri-bean salad Corn bread/mandarin oranges	Spagetti & meatballs with marinara sauce Capri blend vegetables Chilled pears	Herbed baked chicken Mashed potatoes/gravy Green Bean casserole Apple juice
22	23	24	25	26
Baked Meatloaf w/gravy Mashed Potatoes Stewed Tomatoes Whole orange	Eggs w/biscuit & gravy Diced hasbrown Apple cobbler Banana	Slow roasted beef Augratin potatoes Carrots & chives Mixed fruit	Asian glazed chicken Citrus brown rice Broccoli Fortune cookie	Turkey pasta salad w/shell rigate Tri-bean salad Pineapple tidbits
29	30			
Prime rib of pork Baked potato Parslied cauliflower Mixed fruit	Italian sausage/marinara Scalloped Potatoes Brussel sprouts Fresh melon		Fat-free or Low-fat milk with each meal	if are not ready to eat your meal when it is delivered, REFRIGERATE IT RIGHT AWAY PLEASE DON'T LEAVE YOUR FOOD SITTING OUT!

MENU SUBJECT TO CHANGE DUE TO AVAILABILTY OF ITEMS

Donation \$3.00

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