

May 2024

Community Nutrition Network & Senior Services Association

Lemont Community Café
 16300 Alba
 Lemont, IL 60439

Days: Mondays-Fridays
 Times: 10:00am-2:00pm
 Phone: 630-257-0515

Café

Café Manager: Stephanie Gasca

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. Each meal served with milk.		DELI BAR ¹ Italian Sausage w/Marinara Bean Soup Tossed Garden Salad Cottage Cheese Diced Melon Carrot Raisin Salad	² Dilled Tuna Salad Sandwich Lettuce and Tomato Garbanzo and Kidney Beans Wheat Kaiser Banana Fruit Cup 	³ Chicken Marbella Rice Florentine Country Blend Vegetables Whole Wheat Bread Whole Orange
 ⁶ Kielbasa Dilled Potatoes Bean Casserole Rye Bread Fruit Cup	⁷ Chicken Garden Rotini Salad Mixed Salad Greens Herbed Tomato Wedges Multi-Grain Bread Pineapple Tidbits	DELI BAR ⁸ Chicken Garden Rotini Salad Wheat Dinner Roll Split Pea Soup & Beet Salad Tossed Garden Salad Cottage Cheese & Pineapple	⁹ Baked Meatloaf w/Country Gravy Mashed Potatoes Carrots and Chives Whole Wheat Bread & Peaches	¹⁰ Potato Crusted Fish Filet Au Gratin Potatoes Peas Whole Wheat Bread Applesauce 
¹³ Meatball Marinara Sub Potatoes Italiano Italian Green Beans Wheat French Roll Whole Orange 	¹⁴ Salisbury Steak Mashed Potatoes w/Gravy Cabbage and Carrots Multi-Grain Bread Mixed Fruit Oatmeal Raisin Cookie	DELI BAR ¹⁵ Pulled Pork Shoulder w/Mango BBQ Sauce Cream of Mushroom & Barley Tossed Garden Salad Cottage Cheese & Mixed Fruit Potato Salad	¹⁶ Lemont Basil Chicken Garden Vegetables Corn and Black Beans Multi-Grain Dinner Roll Applesauce Banana	¹⁷ Veal Parmesan Penne Pasta w/Marinara Sauce Broccoli Wheat Vienna Bread Fresh Melon 
²⁰ Chicken ala Orange Vegetable Rice Pilaf Northern Beans Bran Muffin Bread Chilled Peaches	²¹ French Dip of Beef w/Mushrooms and Onions Oven Fries and Corn Wheat French Roll Whole Apple	DELI BAR ²² Corn Dusted Flounder w/Lemont Herb Aioli Broccoli Cheddar Soup Tossed Garden Salad Cottage Cheese & Coleslaw	²³ Surimi Crab Salad Mixed Salad Greens Dilled Cucumbers Apple Cinnamon Muffin Fruit Cup	²⁴ Hot Dog Twice Baked Potato Casserole Peas and Carrots Wheat Hot Dog Bun Banana
 ²⁷ Happy Memorial Day!	²⁸ Hamburger Bean Casserole Mixed Vegetable Wheat Sandwich Bun Fruit Sunburt and Melon	DELI BAR ²⁹ BLT Chicken Salad Mixed Salad Greens Tri-Bean Salad Cornbread Mandarin Oranges 	³⁰ Spaghetti and Meatballs w/Marinara Sauce Capri Blend Vegetables Wheat Vienna Bread Chilled Pears	³¹ Herbed Baked Chicken Mashed Potatoes w/Gravy Green Bean Casserole Bran Muffin Bread Whole Apple 

MENU SUBJECT TO CHANGE DUE TO AVAILABILITY OF ITEMS

Suggested donation: \$3.00

Funds, in whole or in part, for this publication were provided through Age Options and Northeastern Illinois Area Agency on Aging under Title III of the Older Americans act as administered through the Illinois Department on Aging and the 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 been discriminated against, you have the right to file a complaint. For information, dial 1-800-252-8966 (voice & TDD) or contact the Director of Personnel at (312)207-5290

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Activities

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Monday	Tuesday	Wednesday	Thursday	Friday
		1 DELI BAR! \$3.50 	2 Arts and Crafts Day! Ceramic Flower Pot Painting!  Hosted By: CNN	3
6 BINGO @ 12:15 	7	8 DELI BAR! \$3.50 	9 Puzzle Day! Enjoy a crossword, word search, or sudoku puzzle with your lunch!	10 Mother's Day Bingo!  Cost: \$\$ Hosted By: Lemont Seniors
13 BINGO @ 12:15 	14 Movie Day! starts @ 11:30am Popcorn served with lunch Movie: TBD 	15 DELI BAR! \$3.50 	16	17 Senior Social Luau! Special Lunch Menu Cost: \$10 Hosted By: Lemont Township 
20 BINGO @ 12:15 	21 SALT Meeting! Hosted By: SALT Club	22 DELI BAR! \$3.50 	23 Puzzle Day! Enjoy a crossword, word search, or sudoku puzzle with your lunch!	24
27  Happy Memorial Day!	28	29 DELI BAR! \$3.50 	30	31

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