




CNN Proviso Township  
Community Cafe  
1609 N. 36th Avenue  
Melrose Park, IL

Days: *Mondays-Fridays*  
Times: *8:00am-2:00pm*  
Phone: *(708)316-7488*

 **Community Nutrition Network  
& Senior Services Association**


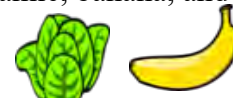
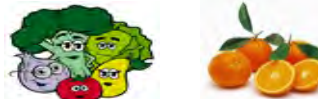




















**MAY 2024**

Manager:  
**LAURIE MADDEN**

Monday	Tuesday	Wednesday	Thursday	Friday
		1. 9 am- Lean & Mean club 10:00- Bingo 11:30 Lunch 12 pm Bingo  "Mother Goose Day" - can you tell us a Nursery Rhyme	2. 9 am- Lean & Mean club 10:00- Bingo 11:30- Lunch 12 pm- Bingo 1:00- Cards  "Baby Day" - wear <i>pink</i> or <i>blue</i>	3. 9 am- Pickle Ball 10:00- Bingo 11:30- Lunch 12 pm- Bingo 1:00- Social  Kentucky Derby day—wear a hat
6. 9 am- Lean & Mean club 10:00- Bingo 11:30- Lunch 12 pm- Bingo 1:00- Movie-choice/popcorn "Which famous building "topped out" today in 1973?	7. 9 am- Pickle Ball 10:00- Bingo 11:30- Lunch 12 pm- Bingo 1:30- puzzles "National name yourself Day" Who do you want to be?	8. 9 am- Lean & Mean club 10:00- Bingo 11:30- Lunch 12 pm- Bingo "1st Coca-Cola was sold on this day in 1886 at a Georgia Pharmacy"	9. 9 am- Lean & Mean club 10:00- <b>BINGO BONANZA</b> 11:30- Lunch 12 pm- <b>BINGO BONANZA</b> 1:00- Dance Party "Lost Sock Memorial Day" pin a sock to your shirt	10. 9 am- Pickle Ball 10:00- Bingo 11:30- Lunch 12 pm- Bingo 1:00- Social  "Happy Birthday to "Slick Willie"
13. 9 am- Lean & Mean club 10:00- Bingo 11:30- Lunch 12 pm- Bingo 1:00- Movie-choice/popcorn "National Apple Pie Day" <b>3.14</b>	14. 9 am- Pickle Ball 10:00- <b>CINCO DE MAMA</b> 10:15- Bingo 11:30- Lunch 12 pm- Bingo 1:00- raffle "National Chicken Dance Day" Show us your moves!!	15. 9 am- Lean & Mean club 10:00- Bingo 11:30- Lunch 12 pm- Bingo "National Chocolate Chip Day" - <b>YUMMY</b>	16. 9 am- Lean & Mean club 10:00- 11:30- Lunch 12 pm- Bingo 1:00- LCR  "Peace Day" - wear <b>purple</b>	17. 9 am- Pickle Ball 10:00- Bingo 11:30- Lunch 12 pm- Bingo 1:00- Social  "Pack Rat Day" - name the members of this iconic group
20. 9 am- Lean & Mean club 10:00- Bingo 11:30- Lunch 12 pm- Bingo 1:00- Movie-choice/popcorn  Strawberry Day—wear red	21. 9 am- Lean & Mean club 10:00- Bingo 11:30- Lunch 12 pm- Bingo 1:00- Sing-a-long  "In 1932 this famous woman flew solo for the 1st time"	22. 9 am- Lean & Mean club 10:00- Bingo 11:30- Lunch 12 pm- Bingo  "What is the Zodiac sign for this day?"	23. 9 am- Lean & Mean club 10:00- Bingo 11:30- Lunch 12 pm- Bingo 1:00- Horse Races  "On this day in 1984 what movie was released?"	24. 9 am- Pickle Ball 10:00- Bingo 11:30- Lunch 12 pm- Bingo 1:00- Social  "Double Punch Day" - <b>2 punches on your lunch card</b>
27. <b>Memorial Day Closed</b> 	28. 9 am- Pickle Ball 10:00- Bingo 11:30- Lunch 12 pm- Bingo 1:00- Dominos  "National Hamburger Day" - let's grill	29. 9 am- Lean & Mean club 10:00- <b>BINGO BASH</b> 11:30- Lunch 12 pm- <b>BINGO BASH</b>  "Which President was born on this day in 1917, in Brookline, Massachusetts	30. 9 am- Lean & Mean club 10:00- Bingo 11:30- Lunch 12 pm- Bingo 1:00- coloring  In 1909 on this date the "King of Swing" was born. Who is it?	31. 9 am- Lean & Mean club 10:00- Bingo 11:30- Lunch 12 pm- Bingo 1:00 Social  Happy Birthday "Broadway Joe"! Who is that?

Funds in whole or in part for this publication were provided through an award from Age Option under title 111 of the older Americans Act as administered through the Illinois Department on Aging and 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 discriminated against, you have the right to file a complaint. For information dial [1-800-252-8965](tel:1-800-252-8965) (Voice and TD)**  
**Menu subject to change due to availability of items.** Funding in part is provided by Age Options.



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, <b>REFRIGERATE IT RIGHT AWAY!</b> Do not leave it sitting out. Please be safe. Each meal served with milk low fat milk</p>	<p>Fat free or low fat milk with each meal</p> <p>Suggested Donation \$3.00</p>	<p>1. BBQ pulled chicken w/wheat sandwich bun, cheesy mashed potatoes, broccoli, and chilled pears</p> 	<p>2. Dilled tuna salad sandwich w/lettuce and tomato w/wheat Kaiser roll, garbanzo &amp; kidney bean salad, slivered carrots balsamic, banana, and a fruit cup</p> 	<p>3. Shaved turkey sandwich w/lettuce &amp; tomato on wheat bread, potato salad, and diced melon</p> 
<p>6. Kielbasa, dilled potatoes, bean casserole, rye bread w/butter, and a fruit cup</p> 	<p>7. Chicken w/garden rotini pasta salad, split pea soup, tossed garden salad, wheat dinner roll w/butter, beet salad, cottage cheese, and pineapple tid bits</p> 	<p>8. Crab salad sandwich on marble rye bread w/lettuce &amp; tomato, beet salad and Chef's choice fruit</p> 	<p>9. Baked meatloaf w/country gravy, mashed potatoes, stewed tomatoes, whole wheat w/butter and an orange</p> 	<p>10. Potato crusted fish filet, au gratin potatoes, peas, whole wheat bread w/butter, and applesauce</p> 
<p>13. Meatball marinara sub sammie w/wheat French roll, potatoes Italiano, Italian green beans, and an orange</p> 	<p>14. <b>CINCO DE MAMA!!</b> Tacos, Puerto Rican rice, Mexican street corn, and dessert</p> 	<p>15. Roasted turkey breast &amp; Wisconsin cheddar w/lettuce &amp; tomato w/wheat Kaiser, pea salad and pineapple tid-bits</p> 	<p>16. Lemon basil chicken, garden veggies, corn &amp; black beans, multi-grain dinner roll w/butter, apple sauce and Banana</p> 	<p>17. Veal Parmesan w/penne pasta and marinara sauce broccoli, wheat Vienna bread w/butter and fresh melon</p> 
<p>20. Chicken Ala Orange, veggie rice pilaf, northern beans, bran muffin bread w/butter and chilled peaches</p> 	<p>21. French dip of beef w/mushrooms &amp; onions w/wheat French roll, oven fries, corn, and an apple</p> 	<p>22. Classic lasagna w/meat sauce, squash medley, Italian green beans, whole wheat bread w/butter and chilled pears</p> 	<p>23. Surimi crab salad, mixed salad greens w/tomato wedges and dilled cucumbers, ap- mon muffin and a</p> 	<p>24. Hot dog w/wheat bun, twice bake potato casserole, peas and carrots, and banana</p> 
<p>27. <b>CLOSED</b></p> <p><b>memorial DAY</b></p> 	<p>28. Hamburger w/wheat sandwich bun, bean casse- role, mixed veggies, fruit sunburst and fresh melon</p> 	<p>29. Blt chicken salad, mixed salad greens w/tomato wedges, 3 bean salad, corn bread and mandarin oranges</p> 	<p>30. Deviled egg salad w/wheat French roll, cream of potato, tossed garden salad, broccoli salad, cottage cheese, and sliced pears</p> 	<p>31. BLT chicken salad n whole wheat w/lettuce &amp; tomato, potato salad, and a fruit cup</p> 

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