

July 2024






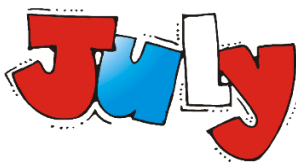
Community Nutrition Network & Senior Services Association

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
1 Chicken Ala Orange Vegetable Rice Pilaf Northern Beans Bran Muffin Bread Chilled Peaches	2 French Dip of Beef w/Mushrooms and Onions Oven Fries Corn Wheat French Roll Whole Apple	3 DELI BAR Corn Dusted Flounder w/Lemon Herb Aioli Broccoli Cheddar Soup Tossed Garden Salad Cottage Cheese Melon and Coleslaw	4  Happy 4th of July!	5 Hot Dog Twice Baked Potato Casserole Peas and Carrots Wheat Hot Dog Bun Banana
8 BBQ Riblet Sweet Potato Mashed Chef's Vegetable Wheat Sandwich Bun Strawberry Yogurt	 9 Hamburger Bean Casserole Mixed Vegetable Wheat Sandwich Bun Fruit Sunburst	10 DELI BAR Cheesburger Tomato Florentine Soup Tossed Garden Salad Cottage Cheese and Fruit Macaroni Salad	11 Spaghetti and Meatballs w/Marinara Sauce Capri Blend Vegetables Wheat Vienna Bread Chilled Pears	12 Herbed Baked Chicken Mashed Potatoes w/Gravy Green Bean Casserole Bran Muffin Bread Whole Apple
15 Baked Meatloaf w/Country Gravy Mashed Potatoes Stewed Tomatoes Whole Wheat Bread Whole Orange	16 Eggs w/Biscuit and Gravy Diced Hash Browns Apple Cobbler Juice Banana	17 DELI BAR Grilled Chicken Salad w/Bacon Ranch Dressing Garden Vegetable Soup Tossed Garden Salad Cottage Cheese and Banana Wheat Dinner Roll	18 Asian Glazed Chicken Citrus Brown Rice Broccoli Multi-Grain Bread Mandarin Orange Jell-O Fortune Cookie	19 Turkey Pasta Salad w/Shell Rigate Lettuce and Tomato Tri-Bean Salad Whole Wheat Bread  Pineapple Tidbits
22 Prime Rib of Pork Baked Potato Parlsied Cauliflower Rye Bread Mixed Fruit	23 Italian Sausage w/Marinara Scalloped Potatoes Brussel Sprouts Wheat Sausage Bun Juice and Melon 	24 DELI BAR Italian Sausage w/Marinara Bean Soup Tossed Garden Salad Cottage Cheese and Melon Carrot Raisin Salad	25 Dilled Tuna Salad Sandwich Lettuce and Tomato Garbanzo and Kidney Beans Wheat Kaiser Roll Banana and Fruit Cup	26 Chicken Marbella Rice Florentine Country Blend Vegetables Whole Wheat Bread
29 Kielbasa Dilled Potatoes Bean Casserole Rye Bread Fruit Cup 	30 Chicken Rotini Pasta Salad Mixed Salad Greens Herbed Tomato Wedges Multi-Grain Bread Pineapple Tidbits	31 DELI BAR Chicken Garden Rotini Salad Split Pea Soup Tossed Garden Salad Cottage Cheese and Pineapple Beet Salad		For your safety, if you cannot eat all of your meal or if you are not ready to eat your meal, REFRIDGERATE IT RIGHT AWAY! Do not leave it sitting out. Each meal served with milk.

MENU SUBJECT TO CHANGE DUE TO AVAILIBTY 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
<p>1</p> <p>BINGO @ 12:15</p> 	<p>2</p> <p>Arts and Crafts Day! Create an American Flag!</p> 	<p>3</p> <p>National Chocolate Wafer Day! Enjoy some wafers with lunch!</p>  <p>DELI BAR! \$3.50</p>	<p>4</p>  <p>Happy 4th of July!</p>	<p>5</p>
<p>8</p> <p>BINGO @ 12:15</p>  <p>National Raspberry Day! Raspberries served with lunch!</p>	<p>9</p>	<p>10</p> <p>DELI BAR! \$3.50</p> 	<p>11</p> <p>National Pet Photo Day! Bring a photo of your pet to show off to your friends!</p>	<p>12</p> <p>Puzzle Day! Enjoy a crossword, word search, or sudoku puzzle with your lunch!</p>
<p>15</p> <p>BINGO @ 12:15</p> <p>National Gummi Worm Day! Enjoy candy with your lunch!</p> 	<p>16</p> <p>SALT Picnic! Must be SALT Member! Hosted By: SALT Club</p> 	<p>17</p> <p>National Lottery Day! Raffle ticket with lunch for a chance to win a \$10 lottery ticket!</p> <p>DELI BAR! \$3.50</p> 	<p>18</p> <p>Movie Day! starts @ 11:30am Popcorn served with lunch</p> <p>Movie: The Sandlot</p>	<p>19</p> <p>Puzzle Day! Enjoy a crossword, word search, or sudoku puzzle with your lunch!</p>
<p>22</p> <p>BINGO @ 12:15</p>  <p>National Mango Day! Enjoy some mango with your lunch!</p>	<p>23</p>	<p>24</p> <p>DELI BAR! \$3.50</p> 	<p>25</p> <p>July Bingo Bash! Suggested Donation: \$7 Hosted By: CNN</p>	<p>26</p> <p>Puzzle Day! Enjoy a crossword, word search, or sudoku puzzle with your lunch!</p>
<p>29</p> <p>BINGO @ 12:15</p> 	<p>30</p> <p>National Cheesecake Day! Enjoy a slice of cheesecake with your lunch!</p>	<p>31</p> <p>DELI BAR! \$3.50</p> 		

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