CNN Proviso Community Café & Meals on Wheels 1609 N. 36th Avenue Melrose Park, IL 60160 Days: Mondays-Fridays Times: 8:00am-2:00pm

Phone: 708-316-7488



## September 2024

CNN Manager: Laurie Madden

## Wednesday **Thursday** <u>Monday</u> **Tuesday** Friday 4. BBQ pulled chicken/wheat 3. Italian sausage marinara 5. Dilled tuna salad sandwich 6. Chicken Marbella, rice w/wheat sausage bun, sandwich bun, cheesy mashed w/wheat Kaiser roll. let-Florentine, country blend scalloped potatoes, Brussel potatoes, broccoli, chilled veg, whole wheat bread, tuce/tomato, garbanzo & kidsprouts, & fresh melon ney bean, slivered carrots balwhole orange pears samic, fruit cup & banana 9. Kielbasa, dilled potatoes, 10. Chicken w/ garden rotini 11. Eggs Lorraine, potatoes 12. Baked meatloaf w/ coun-13. Potato crusted fish O'Brien, fruit cup, blueberry bean casserole, rye bread, pasta salad, mixed salad try gravy, mashed potatoes, fillet, Au gratin potatoes, fruit cup greens, herbed tomato muffin, whole orange carrots, chives, whole wheat peas, whole wheat bread, wedges, multigrain bread, bread, chilled peaches, fresh applesauce pineapple tidbits & chef melon choice 17. Salisbury steak, mashed 18. Roasted turkey breast & 19. Lemon basil chicken, gar-20. Veal parmesan, penne 16. Meatball marinara sub sandwich w/wheat French potatoes w/ gravy, cabbage Wisconsin cheddar, wheat den vegetable, corn & black pasta w/marinara sauce, roll, potatoes Italiano, Italian & carrots, multi grain bread, Kaiser, lettuce & tomato, pea beans, multigrain dinner roll, broccoli, wheat Vienna mixed fruit & oatmeal raisin green beans, & whole orange salad, pineapple tidbits applesauce, banana bread, fresh melon cookie 24. French onion dip of beef 27. Hotdog w/wheat hotdog 23. Chicken a la orange, veg-25. Classic lasagna w/meat 26. Surimi crab salad, mixed bun, twice baked potato etable rice pilaf, northern w/ mushroom & onsauce, squash medley, Italian salad greens w/ tomato wedgbeans, bran muffin bread, es, dilled cucumbers, apple ions/wheat French roll, oven green beans, whole wheat casserole, peas & carrots, & bread, chilled pears cinnamon muffin, fruit cup chilled peaches fries, corn, whole apple & banana chef choice 30. Roast pork & gravy, Au For your safety, if you Fat free or low fat milk with cannot eat all of your meal gratin potatoes, peas & carrots, wheat bread, whole each meal or if you are not ready to TO SCHOOL! eat your meal, apple REFRIGERATE IT RIGHT AWAY! Do not leave it **Suggested Donation** sitting out. Please be safe. \$3.00

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\$3.00

## Tuesday Wednesday **Thursday** Monday Friday 4. Pollo desmenuzado a la 3. Salchicha italiana marina-5. Sandwich de tuna, lechuga 6. Chicken Marbella, rice ra, patatas gratinadas, coles barbacoa, puré de patatas con y tomate, ensalada de garban-Florentine, country blend de Bruselas, pan de salzos y frijoles rojos con zaveg, whole wheat bread, queso, brócoli, panecillo tipo chicha de trigo y melón fressándwich, peras frías naorias y salsa balsamica. whole orange Pan, vaso de fruta y guineo co 9. Kielbasa, dilled potatoes, 10. Chicken w/ garden rotini 11. Eggs Lorraine, potatoes 12. Baked meatloaf w/ coun-13. Potato crusted fish filo'brien, fruit cup, blueberry bean casserole, rye bread, pasta salad, mixed salad try gravy, mashed potatoes, let, Au gratin potatoes, greens, herbed tomato wedgmuffin, whole orange carrots, chives, whole wheat fruit cup peas, whole wheat bread, es, multigrain bread, pineapbread, chilled peaches, fresh applesauce ple tidbits & chef choice melon 16. Meatball marinara sub 17. Salisbury steak, mashed 18. Roasted turkey breast & 19. Lemon basil chicken, gar-20. Veal parmesan, penne potatoes w/ gravy, cabbage Wisconsin cheddar, wheat sandwich, potatoes italiano, den vegetable, corn & black pasta w/ marinara sauce, Italian green beans, wheat & carrots, multi grain bread, kaiser, lettuce & tomato, pea beans, multigrain dinner roll, broccoli, wheat Vienna French roll, whole orange mixed fruit & oatmeal raisin salad, pineapple tidbits applesauce, banana bread, fresh melon cookie 23. Chicken a la orange, veg-24. French onion dip of beef 25. Classic lasagna w/ meat 26. Surimi crab salad, mixed 27. Hotdog, twice baked etable rice pilaf, northern w/ mushroom & onions, ovsauce, squash medley, Italian salad greens w/ tomato wedgpotato casserole, peas & es, dilled cucumbers, apple beans, bran muffin bread, en fries, corn, wheat French green beans, whole wheat carrots, wheat hotdog bun, bread, chilled pears chilled peaches roll, whole apple & chef cinnamon muffin, fruit cup banana choice 30. Roast pork & gravy, Au For your safety, if you Fat free or low fat milk with cannot eat all of your meal gratin potatoes, peas & car-BACK TO SCHOOL! rots, wheat bread, whole or if you are not ready to each meal apple eat your meal. REFRIGERATE IT RIGHT AWAY! Do not leave it **Suggested Donation**

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