

September 2024

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







Site Manager
Elizabeth Morales
(708) 843-6229

BINGO Mon-Fri

10:30AM- 11:30AM

Lunch/Pick-up 11:30am

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

Monday	Tuesday	Wednesday	Thursday	Friday
 2 CLOSED	3 Italian sausage marinara Scalloped potatoes Brussel sprouts Fresh melon	4 BBQ pulled chicken Cheesy mashed potato Broccoli Chilled pears	5 Dilled tuna salad Garbanzo & kidney beans Carrots balsmaic Banana	6 Chicken marbella Rice Florentine Country blend Whole orange 
9 Kiebasa Dilled potatoes Bean casserole Fruit cup 	10 Chicken w/ garden rotini pasta salad Herbed tomatatoes Pineapple tidbits	11 Eggs Lorraine Potatoes o'brien Fruit cup Blueberry muffin	12 Baked meatloaf Mashed potatoes Carrots & chives Fresh melon 	13 Potato crusted fish filet Au gratin potatoes Peas Diced potatoes
16 Meatball marinara sub Potato italiano Italian green beans Whole orange	17 Salisbury steak Cabbage & carrots Mixed fruit Oatmeal raisin cookie	18 Roasted turkey breast wisconsin cheddar Pea salad Pineapple tidbits	19 Lemon basil chicken Garden vegetables Corn & black beans Applesauce	20 Veal parmesan penne pasta w/marinara Broccoli Fresh melon 
23 Chicken a la orange Vegetable rice pilaf Northern beans Chilled pears	24 French dip of beef mushroom & onions Oven fries chef choice	25 Classic lasanga Squash medley Italian green beans Chilled pears	26 Golden Corral Please RSVP Café will still be open: surimi crab salad, applesauce,milk	27 Hotdog Twice baked potato casserole Peas & carrots Banana
30 Roast pork & gravy Au gratin potatoes Peas & carrots Whole apple			Not ready to eat meal is delivered, REFRIGERATE IT RIGHT AWAY PLEASE DON'T LEAVE YOUR FOOD SITTING OUT!	Fat-free or Low-fat milk with each meal

MENU SUBJECT TO CHANGE DUE TO AVAILABILITY OF ITEMS

Donation \$3.00

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Monday	Tuesday	Wednesday	Thursday	Friday
2 CLOSED LABOR DAY	3	4 BINGO 10:30am-11:30am	5	6 Birthday BINGO 10:30am-11:30am
9 BINGO 10:30am-11:30am	10	11 BINGO 10:30am-11:30am	12	13 Birthday BINGO 10:30am-11:30am
16 BINGO 10:30am-11:30am	17	18 BINGO 10:30am-11:30am	19	20 Birthday BINGO 10:30am-11:30am
23 BINGO 10:30am-11:30am	24	25 BINGO 10:30am-11:30am	26 Golden Corral Please RSVP	27 Birthday BINGO 10:30am-11:30am
30 BINGO 10:30am-11:30am				

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