

# Community Nutrition Network & Senior Services Association






**PHOENIX CAFÉ**

Café Hours: 10:00am to 12:00pm

650 E Phoenix Center Drive  
Phoenix, IL 60426



Café Manager: Elizabeth Davalos  
(708) 331-2408  
Monday Through Friday  
8:00am to 2:00pm

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>FOR YOUR SAFTY</b> If you cannot eat your meal or if you are not ready to eat your meal when it is delivered, <b>REFRIGERATE IT RIGHT AWAY</b> Do not leave sitting out Each meal is served with fat OR Low Fat Milk </p>		 <p>Welcome November <i>a month to remind us to be Thankful for the many positive things &amp; blessings in our lives</i></p>		<p>1 Surimi Crab Alfredo, Penne Pasta, Zucchini W/Red Peppers &amp; Onion, Multi-Grain Dinner Roll, Fruit Cup</p>
<p>4 Baked Meatlof W/Country Gravy, Cauliflower Mashed Potatoes, Mixed Vegetables, Whole Wheat Roll, Pineapple Tid Bites</p>		<p>6 Miso Glazed Chicken Thigh, Scalloped Potatoes, Baked Bean Casserole, Wheat Bread, Fruit Jello</p>	<p>7 Cheese Omelette Hash Browned Potatoes, Whole Wheat Biscuit, Apple Juice, Fruit Yogurt, Fresh Orange</p>	<p>8 Swedish Meatballs/Gravy, Mashed Potatoes, Broccoli, Multi Grain Bread, Fresh Melon</p>
	<p>12 Cheddar Broccoli Chicken Rice Casserole, Cauliflower, Whole Wheat Roll, Warm Pear and Cranberry Crumble, Pea Salad</p>	<p>13 Salisbury Steak/Gravy, Mashed Potatoes, Corn, Dinner Roll, Pineapple Tidbits</p>	<p>14 Hot Dog, Oven Fries, Bean Casserole, Wheat Hot Dog Bun, Banana, Fresh Melon</p>	<p>15 Classic Lasagna W/Meat Sauce, Broccoli Wheat Bread, Oatmeal Raisin Cookie</p>
<p>18 Roast Turkey &amp; Gravy, Baked Sweet Potatoes, Mixed Vegetables, Bread Stuffing, Chef's Fruit</p>	<p>19 Spaghetti &amp; Meatball Marinara, Mixed Salad Greens, Multi Grain Bread, Warm Peach Cobbler, Fruit Cup</p>	<p>20 Hamburger, German Potato Salad, Green Beans, Wheat Sandwich Bun, Apple Sauce</p>	<p>21 Chicken Vesuvio, Mashed Potatoes, Cauliflower &amp; Red Pepper, Wheat Bread, Mandarin Oranges</p>	<p>22 Citrus Alaskan Pollock, Vegetable Rice Pilaf, Country Blend Vegetables, Dinner Roll, Chick Pea Salad, Melon</p>
<p>25 Roast Turkey &amp; Gravy, Baked Sweet Potatoes, Green Bean Casserole, Bread Stuffing, Dessert</p>	<p>26 BBQ Riblet, Oven Fries, Black Beans &amp; Corn, Wheat Sandwich Bun, Whole Apple</p>	<p>27 Hot Roast Beef, Mashed Potatoes/Gravy, Peas &amp; Carrots, Wheat Bread, Orange</p>		

**MENU SUBJECT TO CHANGE DUE TO AVAILABILITY OF ITEMS**

**Donation \$3.25**

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