

# October 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
	<b>1</b> Cheddar Broccoli Chicken Rice Casserole Cauliflower Whole Wheat Roll Pear and Cranberry Crumble Pea Salad	<b>2</b> <b>DELI BAR</b> Dilled Egg Salad Wheat French Roll Cream of Spinach Tossed Garden Salad Cottage Cheese and Pineapple Italian Pasta Salad	<b>3</b> Hot Dog Oven Fries Bean Casserole Wheat Hot Dog Bun Banana Fresh Melon	<b>4</b> Lasagna w/Meat Sauce Broccoli Chef's Choice Vegetable Wheat Bread Oatmeal Raisin Cookie
	<b>7</b> Shaved Roast Beef Lettuce and Tomato Pea Salad Whole Wheat Bread Chilled Peaches	<b>8</b> Spaghetti and Meatballs w/Marinara Sauce Mixed Salad Greens Multi-Grain Bread Peach Cobbler and Fruit	<b>9</b> <b>DELI BAR</b> Swiss Burger Mushroom and Barley Soup Tossed Garden Salad Cottage Cheese & Tropical Fruit Beet Salad and Hamburger Bun	<b>10</b> Chicken Vesuvio Mashed Potatoes Cauliflower and Red Pepper Wheat Bread Mandarin Oranges
<b>14</b>  <b>Happy Indigenous Peoples' Day!</b>	<b>15</b> BBQ Riblet Oven Fries Black Beans and Corn Wheat Sandwich Bun Whole Apple	<b>16</b> <b>DELI BAR</b> BLT Chicken Salad Sandwich Wheat Sandwich Bun Cream of Potato Soup Tossed Garden Salad Cottage Cheese and Apple Tri-Bean Salad	<b>17</b> Western Eggs Hash Browned Potatoes Maple Glazed Pears Raisin Bread Cranberry Juice Banana	<b>18</b> Chicken Breast Parmesan Penne Pasta w/Marinara Squash Medley Wheat Vienna Chilled Peaches
<b>21</b> Crab Salad Sandwich Lettuce and Tomato Wheat Sandwich Bun Pineapple Tidbits	<b>22</b> Chicken Chardonnay Mashed Potatoes Broccoli and Fresh Orange Multi-Grain Bread Chocolate Pudding	<b>23</b> <b>DELI BAR</b> Ham and Cheese Sandwich Lettuce and Tomato Pea Salad and Peaches Multi-Grain Bread Soup, Salad, & Cottage Cheese	<b>24</b> Veal Marsala Scalloped Potatoes Stewed Tomatoes Multi-Grain Bread Chilled Pears and Beet Salad	<b>25</b> Baked Pollock Piccata Baked Potato California Blend Vegetables Wheat Bread Lemon Mandarin Pudding
<b>28</b> Turkey Salad Sandwich Lettuce and Tomato Tri-Bean Salad Whole Wheat Bun Chef's Choice Fruit	<b>29</b> Turkey Pot Roast w/Gravy Baked Potato Peas and Carrots Multi-Grain Bread Banana	<b>30</b> <b>DELI BAR</b> Chicken Poor Boy w/Pesto Aioli Wheat French Roll and Coleslaw Cheddar Corn Chowder Soup Tossed Garden Salad Cottage Cheese and Pineapple	<b>31</b> Chicken Tenders w/Country Chicken Gravy Bread Stuffing and Pea Salad Mashed Sweet Potatoes Northern Beans and an Apple	For your safety, if you cannot eat all of your meal or if you are not ready to eat your meal, <b>REFRIDGERATE IT RIGHT AWAY!</b> 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
	1	2 <b>DELI BAR! \$3.50</b> 	3	4 <b>Puzzle Day!</b> Enjoy a crossword, word search, or sudoku puzzle with your lunch!
7 BINGO @ 12:15 	8	9 <b>DELI BAR! \$3.50</b> 	10 <b>Arts and Crafts Day!</b> 	11
14 	15 <b>SALT MEETING!</b> 9:30am  Come out and see what SALT is all about!	16 <b>DELI BAR! \$3.50</b> 	17	18 <b>Puzzle Day!</b> Enjoy a crossword, word search, or sudoku puzzle with your lunch!
21 BINGO @ 12:15 	22	23 <b>DELI BAR! \$3.50</b> 	24	25
28 BINGO @ 12:15 	29	30 <b>DELI BAR! \$3.50</b> 	31 <b>Movie Day!</b> starts @ 11:30am Popcorn served with lunch  <b>Movie: The Addams Family</b>	

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