

Troy Township Community Cafe

25448 Seil Road  
Shorewood, IL 60404

CNN Café Manager: Cindy Stasell



# October 2024

Community Nutrition Network  
& Senior Services Association



Days: Wednesday & Friday

Times: 12:00 PM-1:00 PM

Phone: (815) 744-1968

Monday	Tuesday	Wednesday	Thursday	Friday
<p>For your safety, if you cannot eat all of your meal or if you are not ready to eat your meal, <b>REFRIGERATE IT RIGHT AWAY!</b></p> <p>Do not leave it sitting out. Please be safe. Each meal served with fat-free or skim milk.</p>	1	2 Lasagna Caesar salad Green beans Garlic bread	3	4 Classic lasagna w/meat sauce Broccoli Chef's Vegetable Wheat bread Oatmeal raisin cookie
7	8	9 Beef stroganoff Buttered noodles Tossed salad Mixed fruit Rolls & Butter	10	11 Citrus Alaskan Pollock Vegetable rice pilaf Country blend vegetable Multi grain dinner roll Chick pea salad
14	15	16 Cabbage Rolls Mashed potatoes Tossed salad Rolls & Butter	17	18 Chicken breast parmesan Penne pasta Squash medley Wheat Vienna Chilled peaches
21	22	23 Chopped steak/ Mashed potatoes/ gravy Broccoli Tossed salad Rolls & Butter	24	25 Baked Pollock Piccata Baked Potato California Blend Wheat Bread Lemon Mandarin Pudding
28	29	30 Pulled Pork on bun Roasted potatoes Tossed salad Baked beans	31	

**Menu subject to change due to availability of items.** Funding in in part is provided by AgeGuide

Suggested Lunch Donation: \$4.00

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