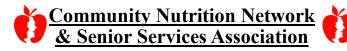
**CNN Proviso Community** Café & Meals on Wheels 1609 N. 36th Avenue Melrose Park, IL 60160

Days: Mondays-Fridays Times: 8:00am-2:00pm Phone: 708-316-7488



## OCTOBER 2024

CNN Manager: Laurie Madden

Monday	Tuesday	Wednesday	Thursday	Friday
For your safety, if you cannot eat all of your meal or if you are not ready to eat your meal, <u>REFRIGERATE IT RIGHT</u> <u>AWAY!</u> Do not leave it sitting out. Please be safe.	1. Cheeseburger w/wheat hamburger bun, tomato soup, tossed garden salad w/dressing, cottage cheese, and pea salad, pears	<ul> <li>2. Salisbury steak, mashed potatoes w/ gravy, corn, multi grain dinner roll w/butter and pineapple tidbits</li> <li>Image: Image: Ima</li></ul>	3. Chicago style hotdog w/wheat hotdog bun, Veggie lentil soup, tossed garden sal- ad, potato salad, cottage cheese, and banana	4. Classic lasagna w/meat sauce, Chef's choice veg- gie, broccoli, wheat bread w/butter and an oatmeal cookie
7. Roast turkey w/gravy, baked sweet potatoes, mixed veggies, bread stuffing and Chef's fruit	8. Spaghetti w/meatballs & marinara, mixed salad greens, multi-grain bread w/butter, warm peach cob- bler and a fruit cup	9. Hamburger w/wheat sand- wich bun, German potato sal- ad, green beans and applesauce	10. Tuna salad sandwich w/wheat French roll, cream of broccoli soup, tossed gar- den salad, carrot raisin salad, cottage cheese and mandarin oranges	<ul> <li>11. Pastrami &amp; cheese</li> <li>w/lettuce &amp; tomato on</li> <li>wheat bread, 3 bean salad</li> <li>and chilled pears</li> </ul>
14. Hot roast beef, mashed potatoes w/gravy, peas & carrots, wheat bread w/butter and a fresh orange	15. HISPANIC HERITAGE MONTH: Tacos, Puerto Rican rice, beans, fruit and dessert Suggested Donation: \$5.00	16. Roasted turkey w/cheddar ale sauce, veggie rice pilaf, broccoli, biscuit, chef's choice fruit and an oatmeal raisin cookie	17. Turkey trio and provolone sub sammie on wheat French roll, split pea soup, tossed garden salad, pasta salad, cot- tage cheese and a banana	18. Chicken parmesan, pen- ne pasta w/marinara sauce, squash medley, wheat Vi- enna bread/butter and chilled peaches
21. Bavarian bratwurst, diced parslied potatoes, car- rots, rye bread w/butter and fresh melon	22. Chicago Style hot dog w/wheat hotdog bun, tomato lentil soup, tossed garden salad, cottage cheese, fresh orange and chocolate pud- ding	23. Texas chili, mac & cheese, country blend veg- gies, multi-grain bread w/butter and a fruit cup	24. Veal marsala, scalloped potatoes, stewed tomatoes, multi-grain bread w/butter, beet salad, and chilled pears	25. Shaved Turkey & cheese w/lettuce & tomato on whole wheat bread, pea salad, and Chef's Choice fruit
28. Slow roasted beef w/gravy, mashed potatoes, Brussel sprouts, multi-grain bread w/butter, chilled pears and a cookie	29. Turkey pot roast w/gravy, baked potato, peas and carrots, multi-grain bread w/butter, chef's choice fruit, and a banana	30. WELCOME TO YOUR MIGHTMARE HALLOWEEN PARTY 2024	31. Deviled egg salad w/wheat French roll, tomato Florentine soup, tossed gar- den salad, pea salad, cottage cheese and cranberry apple sauce	Fat free or low fat milk with each meal Suggested Donation \$3.00

Funds in whole or in part for this publication were provided through an ward from Age Option under title 111 of the older Americans Act as administered through the Illinois Department on Aging and 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 discriminated against, you have the tight to file a complaint. For information dial 1-800-252-8965 (Voice and TD

Menu subject to change due to availability of items. Funding in part is provided by Age Options.