

JANUARY 2025

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

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

Site Manager
ELIZABETH MORALES
(708) 843-6229 - RSVP

BINGO Mon-Fri
10:30AM- 11:30AM
Lunch 11:30am

Cafe MENU

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	CELEBRATE NEW YEAR!!! 3
Fat-free or Low-fat milk with each meal	If you are not ready to eat your meal when it is delivered, REFRIGERATE IT RIGHT AWAY PLEASE DON'T LEAVE YOUR FOOD SITTING OUT!	BINGO 10:30am-11:30am	Be Nice	Birthdays BINGO 10:30am-11:30am
6		7	8	9
BINGO 10:30am-11:30am	Be Kind	BINGO 10:30am-11:30am	Share	Birthdays BINGO 10:30am-11:30am
13	14	15	COME PLAY!!! 16	17
BINGO 10:30am-11:30am	Laugh	BINGO 10:30am-11:30am	LOTERIA IN SPANISH RSVP PLEASE 10:30-11:30	Birthdays BINGO 10:30am-11:30am
CLOSED 20	21	22	23	24
	Love	BINGO 10:30am-11:30am		Birthdays BINGO 10:30am-11:30am
27	28	29	30	31
BINGO 10:30am-11:30am	Be Aware	BINGO 10:30am-11:30am	Hug Someone	Birthdays BINGO 10:30am-11:30am

MENU SUBJECT TO CHANGE DUE TO AVAILABILITY OF ITEMS

Donation \$3.50

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

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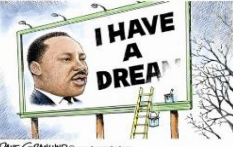
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11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30
31				

<p style="text-align: center;">Fat-free or Low-fat milk with each meal</p>	<p>If you are not ready to eat your meal when it is delivered, REFRIGERATE IT RIGHT AWAY PLEASE DON'T LEAVE YOUR FOOD SITTING OUT!</p>		<p>Chicken vesuvio Mashed potatoes Cauliflower & red pepper Mandarin oranges</p>	<p>Citrus Alaskan pollock Vegetable rice pilaf Country blend Vegetable Chick pea salad</p>
<p>Hot roast beef Mashed potatoes & gravy Peas & carrots Fresh orange/wheat bread</p>	<p>BBQ riblet Oven fries Black beans & corn Chef's choice</p>	<p>Roast turkey w/cheddar ale Vegetable rice pilaf Broccoli Biscuit/fruit salad</p>	<p>Western eggs Hashbrown potatoes Maple glaze pears Raisin bread</p>	<p>Chicken breast parmesan Penne pasta squash medley Chilled peaches</p>
<p>Bavarian Bratwurst Diced Parslied potatoes Rye bread Pineapple tidbits</p>	<p>Chicken Chardonay Mashed potatoes Broccoli Chocolate pudding</p>	<p>Texas Chilli Mac&Cheese Country blend vegetables Fruit cup/Multi grain bread</p>	<p>LOTERIA IN SPANISH Beef flour tacos lettuce, tomato, cheese Rice Beans</p>	<p>Tiffany's Soul Food Baked Chicken Mashed potatoes String beans roll</p>
<p style="text-align: center;">CLOSED</p> 	<p>Turkey pot roast /gravy Baked potato Peas & carrots Chef's fruit</p>	<p>Spagetti & meatball marinara Broccoli Wheat vienna Chilled pears</p>	<p>Chicken tenders in country gravy Bread stuffing Sweet potato mashed</p>	<p>Tiffany's Soul Food Chicken Alfredo Steamed broccoli Roll Fruit cup</p>
<p>Baked meatloaf Cauliflower mashed Mixed vegetables Pineapple tidbits</p>	<p>BBQ pulled pork Oven fries Carrot raisin salad Warm apple crumble</p>	<p>Miso glazed Chicken thigh Scalloped potatoes Baked bean casserole Fruit jello</p>	<p>Cheese omeltte Hashbrown potatoes Whole wheat biscuit Fruit yogurt</p>	<p>Swedish meatball & gravy Mashed potatoes Fresh melon</p>

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