

February 2025

Community Nutrition Network & Senior Services Association

Lemont Community Café
 16300 Alba St
 Lemont, IL 60439

Days: Mondays-Fridays
 Times: 11:00am-2:00pm
 Phone: 630-257-0515

Café

Café Manager: Stephanie Gasca

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|--|---|
| 3 Roast Pork and Gravy Au Gratin Potatoes Peas and Carrots Multi-Grain Bread Whole Apple | 4 Cheddar Broccoli Chicken Rice Casserole Cauliflower Whole Wheat Roll Pear and Cranberry Crumble Pea Salad | 5 DELI BAR Cheeseburger Whole Wheat Hamburger Bun Tomato Soup Tossed Garden Salad Cottage Cheese Sliced Pears | 6 Hot Dog Oven Fries Bean Casserole Whole Wheat Hot Dog Bun Banana Fresh Melon | 7 Classic Lasagna w/Meat Sauce Broccoli Chef's Choice Vegetable Multi-Grain Bread Oatmeal Raisin Cookie |
| 10 Roast Turkey and Gravy Baked Sweet Potatoes Mixed Vegetables Bread Stuffing Chef's Fruit | 11 Spaghetti and Meatballs w/Marinara Mixed Salad Greens Multi-Grain Bread Peach Cobbler | 12 DELI BAR Stuffed Green Pepper Whole Wheat Roll Lumberjack Soup Tossed Garden Salad Cottage Cheese and Fruit Cup | 13 Chicken Vesuvio Mashed Potatoes Cauliflower and Red Pepper Multi-Grain Bread Mandarin Oranges | 14 Citrus Alaskan Pollock Vegetable Rice Pilaf Country Blend Vegetables Whole Wheat Roll Chick Pea Salad and Fresh Melon |
| 17  Happy President's Day! | 18 BBQ Riblet Oven Fries Black Beans and Corn Whole Wheat Sandwich Bun Whole Apple | 19 DELI BAR BLT Chicken Salad Sandwich Whole Wheat Sandwich Bun Cream of Potato Soup Tossed Garden Salad Cottage Cheese Whole Apple | 20 Western Eggs Hash Browned Potatoes Maple Glazed Pears Raisin Bread Cranberry Juice Banana | 21 Chicken Breast Parmesan Penne Pasta w/Marinara Squash Medley Whole Wheat Vienna Bread Chilled Peaches |
| 24 Bavarian Bratwurst Diced Parslied Potatoes Carrots Rye Bread Fresh Melon | 25 Chicken Chardonnay Mashed Potatoes Broccoli Multi-Grain Bread Fresh Orange | 26 DELI BAR Italian Beef Whole Wheat French Roll Minestrone Soup Tossed Garden Salad Cottage Cheese and Peaches | 27 Veal Marsala Scalloped Potatoes Stewed Tomatoes Multi-Grain Bread Chilled Pears and Beet Salad | 28 Baked Pollock Piccata Baked Potato Caifornia Blend Vegetables Multi-Grain Bread Lemon Mandarin Pudding |
|  |  | | | For your safety, if you cannot eat all of your meal or if you are not ready to eat your meal, REFRIDGERATE IT RIGHT AWAY! Do not leave it sitting out. Each meal served with milk. |

MENU SUBJECT TO CHANGE DUE TO AVAILABILTY OF ITEMS

Suggested 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 of Personnel at (312)207-5290

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Activities

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|--|--|---|---|--|
| <p>3</p> <p>BINGO @ 12:15</p>  | <p>4</p> | <p>5</p> <p>DELI BAR! \$3.50</p>  | <p>6</p> <p>Movie Day! starts @ 11:30am Popcorn served with lunch Movie: Lady and The Tramp</p> | <p>7</p> <p>National Wear Red Day!</p> <p>Come dressed in red to receive a free prize!</p> |
| <p>10</p> <p>BINGO @ 12:15</p>  | <p>11</p> <p>Valentine's Day Bingo!</p>  <p>\$10 Hosted By: Ltownship Seniors</p> | <p>12</p> <p>DELI BAR! \$3.50</p>  | <p>13</p> <p>Arts and Crafts Day!</p>  | <p>14</p> <p>Happy Valentine's Day</p>  |
| <p>17</p>  | <p>18</p> | <p>19</p> <p>DELI BAR! \$3.50</p>  | <p>20</p> <p>National Muffin Day!</p> <p>Join us for lunch to celebrate muffin day!</p> <p>Coffee & muffins to be served!</p> | <p>21</p> <p>L E T S P L A Y</p>  |
| <p>24</p> <p>BINGO @ 12:15</p>  | <p>25</p> | <p>26</p> <p>DELI BAR! \$3.50</p>  | <p>27</p> <p>National Strawberry Day!</p> <p>Enjoy some fresh strawberries served with lunch!</p> | <p>28</p> <p>Puzzle Day!</p> <p>Enjoy a crossword, word search, or sudoku puzzle with your lunch!</p> |
| | | | | |

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