

# FEBRUARY 2025

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

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

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

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

Cafe MENU

Monday	Tuesday	Wednesday	Thursday	Friday
3 Slow roasted beef/gravy Mashed potatoes Brussel sprouts Chilled pears/cookie	4 Turkey pot roast /gravy Baked potato Peas & carrots Chef's fruit salad	5 Ash Wednesday Cheese ravioli w/roasted butternut squash cream sauce Broccoli Sliced cinnamon apples	6 Chicken tenders in country gravy Bread stuffing Sweet potato mashed	7 Tiffany's Sould food Cheesy Mostaccoli French roll
10 Baked meatloaf Cauliflower mashed Mixed vegetables Pineapple tidbits	11 BBQ riblet Oven fries Carrot raisin salad Apple crumble	12 Miso glazed Chicken thigh Scalloped potatoes Baked bean casserole Fruit jello	13 Swedish meatball & gravy Mashed potatoes Broccoli Multi grain bread	14 Valentine's Day Cheese & Veggie pizza side salad Brownie
17 CLOSED 	18 Cheddar broccoli chicken rice casserole Cauliflower /pea salad Cranberry crumble	19 Salisbury steak/ gravy Mashed potatoes Corn Pineapple tidbits	20 LOTERIA Hot Dog onions, tomato Oven fries Bean casserole Banana / fresh melon	21 Tiffany's Soul food Chicken salad with saltine crackers Veggie soup
24 Roast turkey & gravy Baked sweet potatoes Mixed vegetables Bread stuffing	25 Spagetti & meatballs Mixed salad greens Warm peach cobbler Fruit cup	26 Hamburger German potato salad Green beans Applesauce	27 Chicken vesuvio Mashed potatoes Cauliflower w/red pepper Mandarin oranges	28 DELI DAY Tuna salad sandwich /French roll Cream of broccoli soup Tossed garden salad Cottage cheese/mandarin oranges
31 Meatball marinara sub Potatoes italiano Italian green beans French roll/orange			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!	
			Fat-free or Low-fat milk with each meal	

MENU SUBJECT TO CHANGE DUE TO AVAILIBTY OF ITEMS

Donation \$3.50

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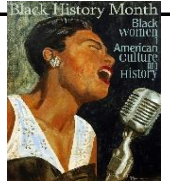
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**Café Activity MENU**



Monday	Tuesday	Wednesday	Thursday	Friday
3 BINGO 10:30am-11:30am	4  "Every great dream begins with a dreamer."	5 ASH Wednesday BINGO 10:30am-11:30am	6 "The time is always right to do what is right." MLK  Check your blood pressure	7 Tiffany's Soul Food Birthday BINGO 10:30am-11:30am
10 BINGO 10:30am-11:30am	11 H.T	12 BINGO 10:30am-11:30am	13	14 Valentine's Party Potluck Welcome to bring Treats! Birthday BINGO 10:30am-11:30am
17 CLOSED 	18 Check your cholesterol 	19 BINGO 10:30am-11:30am	20 LOTERIA IN SPANISH 10:30-11:30 	21 Tiffany's Soul Food Birthday BINGO 10:30am-11:30am
24 BINGO 10:30am-11:30am	25	26 BINGO 10:30am-11:30am	27	28 Deli Day Birthday BINGO 10:30am-11:30am
31 BINGO 10:30am-11:30am	Black History Month  "Have a vision "	BINGO 10:30am-11:30am	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!

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