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

<u>Community Nutrition Network</u> <u>& Senior Services Association</u>



CNN Manager: Laurie Madden

Monday	Tuesday	Wednesday	Thursday	Friday
3. Roast pork & gravy, Au gratin potatoes, peas & car- rots, multi-grain bread, & an apple	4. Cheddar broccoli chicken rice casserole, cauliflower, whole wheat roll, warm pear and cranberry crumble, pea salad	 5. Salisbury steak, mashed potatoes, corn, whole wheat roll, pineapple tidbits 	6. Hot dog, oven fries, bean casserole, whole wheat bun, banana & fresh melon	7. Classic lasagna w/meat sauce, broccoli, chef's choice vegetable, multi- grain bread, oatmeal raisin cookie
10. Roast turkey & gravy, baked sweet potatoes, mixed vegetables, bread stuffing, chef's fruit	11. Spaghetti & meatball marinara, mixed salad greens, multigrain bread, warm peach cobbler, fruit cup	12. Hamburger, German pota- to salad, green beans, whole wheat hamburger bun & ap- plesauce	13. Chicken Vesuvio, mashed potatoes, cauliflower & red peppers, multigrain bread, mandarin oranges, chef's choice	14. Citrus Alaskan Pollock, vegetable rice pilaf, country blend vegetable, whole wheat roll, chick pea salad & fresh melon
17. Hot roast beef, mashed potatoes & gravy, peas & carrots, multi grain bread, fresh orange	18. BBQ Riblet, oven fries, black beans & corn, whole wheat sandwich bun, whole apple, chef's choice	19. Roast turkey w/ cheddar ale sauce, vegetable rice pilaf, broccoli, whole wheat biscuit, chef's fruit, oatmeal raisin cookie	20. ** BREAKFAST** Western eggs, hash browned potatoes, maple glazed pears, raisin bread, cranberry juice & banana	21. Chicken breast parme- san, penne pasta w/marinara, squash medley, whole wheat Vienna, chilled peaches
24. Bavarian bratwurst, diced parslied potatoes, car- rots, rye bread & fresh mel- on	25. Chicken Chardonnay, mashed potatoes, broccoli, multi grain bread, fresh or- ange, chocolate pudding	26. Texas chili, mac & cheese, country blend vegeta- ble, multi grain bread & fruit cup	27. Veal marsala, scalloped potatoes, stewed tomatoes, multigrain bread, chilled pears, & beet salad	28. Baked Pollock piccata, baked potato, California blend, multigrain bread & lemon mandarin pudding
BLACK HISTORY MONTH	For your safety, if you cannot eat all of your meal or if you are not ready to eat your meal, REFRIGERATE IT RIGHT AWAY! Do not leave it sitting out. Please be safe.	Valentine's	Fat free or low fat milk with each meal Suggested Donation \$3.25	happy- Presidents Day

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 <u>1-800-252-8965</u> (Voice and TD Menu subject to change due to availability of items. Funding in part is provided by Age Options.