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
CNN Manager: Laurie Madden

Meals on Wheels FOR NORTHERN ILLINOIS
COMMUNITY & NUTRITION SERVICES FOR SENIORS

OCTOBER 2026

Monday	Tuesay	Wednesday	Thursday	Friday
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.	Fat free or low fat milk with each meal **Suggested Donation $3.50**		1. Deviled egg salad w/whole wheat French roll, cream of potato salad, tossed garden salad, broccoli salad, cottage cheese & chilled pears	2. Hot dog day! All Beef hot dog w/hot dog bun, all trimmings, chips, fruit and dessert. Suggested donation: $4
5. Roast pork w/gravy, Au Gratin potatoes, peas & carrots, multi-grain bread & an apple	6. Chicken and kale soup, baked sweet potato, Italian green beans, pea salad, cranberry dinner roll & chilled peaches	7. Salisbury Steak, mashed potatoes, corn, whole wheat roll & pineapple tidbits	8. All Beef Hot Dog on whole wheat hot dog bun, oven fries, bean casserole, banana & fresh melon	9. Classic Lasagna w/meat sauce, broccoli, chef's choice veggie, multi-grain bread & chocolate pudding
12. ***CLOSED*** 	13. **Polish sausage w/sauerkraut & onion on wheat sausage roll, lumberjack soup, tossed garden salad, cottage cheese, mandarin oranges, & a cookie**	14. Hamburger w/whole wheat hamburger bun, German potato salad, green beans, and applesauce	9. Chicken vesuvio, mashed potatoes, cauliflower & red pepper, multi-grain bread, 3-bean salad, and mandarin orange	16. **Stuffed cabbage roll w/marinara sauce, whole wheat roll, butternut squash soup, tossed garden salad, cottage cheese, strawberry yogurt & fresh melon**
19. Cheddar broccoli chicken & rice casserole, cauliflower, multi-grain bread & warm pear and cranberry crumble	20. **BBQ pork chop w/peach BBQ sauce, broccoli cheddar soup, tossed garden salad, potato salad, cottage cheese, corn muffin & an apple**	21. BINGO BASH Chicken tortilla soup, Spanish brown rice, black beans & corn, tortilla strips, oatmeal raisin cookie, & chef's fruit	22. **Turkey trio & Provolone on whole wheat French roll, split pea soup, tossed garden salad, hard boiled egg, macaroni pasta salad, Cottage cheese & a banana**	23. Hot roast beef w/gravy, mashed potatoes, peas $ carrots, multi-grain bread & an orange
26. Crab salad sandwich on whole wheat sandwich bun w/lettuce & tomato, veggie vinaigrette & pineapple tidbits	27. Stuffed green pepper w/marinara, bean soup, tossed garden salad, cottage cheese, chocolate pudding & an orange	28. Texas chili, mac-n-cheese, country blend veggies, corn bread & a fruit cup	**29. SOMETHING WICKED THIS WAY BREW!** Calderon sludge, graveyard greens, flesh & bones, bat wings, melted mummy brains, & toxic orchard cobbler $6	30. Pastrami & cheese on marble rye w/lettuce & tomato, carrot raisin salad & mandarin oranges

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 Wis 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.