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 $3.25**		1. Spaghetti & meatballs w/marinara & parmesan cheese, Capri blend veggies, whole wheat Vienna bread & chilled pears	2. Baked Pollock Bella Vista, red skin potatoes, California blend veggies, multi-grain dinner roll & an apple
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. Spaghetti & meatball w/marinara, mixed salad greens, multi-grain bread, warm peach cobbler, and a fruit cup	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. Citrus Alaskan Pollock, vegetable rice pilaf, country blend veggies, whole wheat roll, chick pea salad, and fresh melon
19. Cheddar broccoli chicken & rice casserole, cauliflower, multi-grain bread & warm pear and cranberry crumble	20. BBQ Riblet on whole wheat sandwich bun, oven fries, broccoli, garbanzo bean salad & an apple	21. Chicken tortilla soup, Spanish brown rice, black beans & corn, tortilla strips, oatmeal raisin cookie, & chef's fruit	22. Western Eggs, diced hash browns, maple glazed pears, raisin bread, juice & a banana	23. Hot roast beef w/gravy, mashed potatoes, peas $ carrots, multi-grain bread & an orange
26. Bavarian bratwurst w/sauerkraut, diced parslied potatoes, sliced carrots & fresh melon	27. Chicken Chardonnay, mashed potatoes, Broccoli, multi-grain bread & an orange	28. Texas chili, mac-n-cheese, country blend veggies, corn bread & a fruit cup	29. Veal marsala, scalloped potatoes, stewed tomatoes, beet salad, multi-grain bread, & chilled pears	30. Baked pollack w/lemon dill Hollandaise sauce, baked potato, California blend veggies, multi-grain bread, lemon mandarin pudding

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.