

October 2025

Community Nutrition Network & Senior Services Association

Lemont Community Café
16300 Alba St
Lemont, IL 60439
Phone: 630-257-0515

Days: Monday-Friday
Times: 11:00am-2:00pm
Lunch served at 11:30am

Café

Café Manager: Stephanie Gasca
Program Assistant: Colleen Melchior

Monday	Tuesday	Wednesday	Thursday	Friday
<p>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!</p> <p>Do not leave it sitting out.</p> <p>Each meal served with milk.</p>		DELI BAR 1 Cheeseburger Whole Wheat Hamburger Bun Tomato Soup Tossed Garden Salad Cottage Cheese and Pineapple Italian Pasta Salad	2 Wisconsin Bratwurst Hot Dog Bun American Potato Salad Baked Beans Fruit Cookie	3 Lasagna w/ Meat Sauce Broccoli Chef's Choice Vegetable Multi Grain Bread
6 Roast Turkey and Gravy Baked Sweet Potatoes Mixed Vegetables Bread Stuffing Chef's Fruit	7 Spaghetti and Meatballs Mixed Salad Greens Multi Grain Bread Warm Peach Cobbler Fruit Cup	8 DELI BAR Stuffed Green Pepper Whole Wheat Roll Lumberjack Soup Tossed Garden Salad Cottage Cheese and Fruit Beet Salad	9 Chicken Vesuvio Mashed Potatoes Cauliflower and Red Peppers Multi Grain Bread Mandarin Oranges Tri-bean Salad	10 Citrus Alaskan Pollock Vegetable Rice Pilaf Country Blend Vegetable Whole Wheat Roll Chick Pea Salad Fresh Melon
13 	14 BBQ Riblet Oven Fries Broccoli Whole Wheat Sandwich Bun Whole Apple Chef's Choice	15 DELI BAR BLT Chicken Salad Sandwich Whole Wheat Sandwich Bun Cream Of Potato Soup Tossed Garden Salad Cottage Cheese and Fruit Oatmeal Raisin Cookie	16 BBQ Pork Chop Baked Potato Country Mixed Vegetables Multi Grain Dinner Roll Apple Pie	17 Chicken Breast Parmesan Penne Pasta w/ Marinara Squash Medley Whole Wheat Vienna Chilled Peaches
20 Bavarian Bratwurst Diced Parslied Potatoes Carrots Rye Bread Fresh Melon	21 Chicken Chardonnay Mashed Potatoes Broccoli Multi Grain Bread Fresh Orange Chocolate Pudding	22 DELI BAR Chicago Style Hot Dog Whole Wheat Hot Dog Bun Tomato Lentil Soup Tossed Garden Salad Cottage Cheese and Peaches Coleslaw	23 Veal Marsala Scalloped Potatoes Stewed Tomatoes Multi Grain Bread Chilled Pears Beet Salad	24 Baked Pollock Piccata Baked Potato California Blend Multi Grain Bread Lemon Mandarin Pudding
27 Old Fashion Beef Vegetable Soup Corn Green Beans Multi Grain Bread Chilled Pears Cookie	28 Turkey Pot Roast w/Gravy Baked Potato Peas and Carrots Multi Grain Bread Chef's Fruit Banana	29 DELI BAR Meatball Marinara Sub Whole Wheat French Roll Bean Soup Tossed Garden Salad Cottage Cheese and Pineapple Potato Salad	30 Chicken Tenders In Gravy Bread Stuffing Sweet Potato Mashed Northern Bean/ Tomato Medley Apple Pea Salad	31 Pizza Party Pizza And Salad

MENU SUBJECT TO CHANGE DUE TO AVAILABILITY OF ITEMS

Suggested Donation: \$3.50

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