

September 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
 1 Kielbasa Dilled Potatoes Bean Casserole Marble Rye Bread Fruit Cup	2 Italian Sausage with Marinara Scalloped Potatoes Brussels Sprouts Whole Wheat Sausage Bun Fresh Melon Juice	3 DELI BAR Corned Beef and Swiss Marble Rye Cream of Potato Tossed Garden Salad Cottage Cheese and Pears Carrot Raisin Salad	4 Dilled Tuna Salad Sandwich Lettuce and Tomato Garbanzo and Kidney Beans Whole Wheat Kaiser Fruit Cup Banana	5 Chicken Marbella Rice Florentine Country Blend Mult Grain Bread Whole Orange
8 Kielbasa Dilled Potatoes Bean Casserole Marble Rye Bread Fruit Cup	9 Chicken with Creamy Parmesan Pasta Salad Mixed Ssalad Greens Herbed Tomato Wedges Multi Grain Bread Pineapple Tid Bits	10 DELI BAR Italian Beef Whole Wheat French Roll Cream of Broccoli Tossed Garden Salad Cottage Cheese and Oranges Potato Salad	11 Baked Meatloaf with Gravy Mashed Potatoes Carrots and Chives Multi Grain Dinner Roll Chilled Peaches Fresh Melon	12 Potato Crusted Fish Filet Au Gratin Potatoes Peas Multi Grain Bread Applesauce
15 Meatall Marinara Sub Sandwich Potatoes Italiano Italian Green Beans Whole Wheat French Roll Whole Orange	16 Salisbury Steak Mashed Potatoes and Gravy Cabbage and Carrots Multi Grain Bread Mixed Fruit Oatmeal Raisin Cookie	17 DELI BAR Mediterrean Tuna Salad Whole Wheat Pita Lemon Orzo Cream Soup Tossed Garden Salad Cottage Cheese and Pineapple Pea Salad	18 Lemon Basil Chicken Garden Vegetables Corn and Black Beans Multi Grain Dinner Roll Applesauce Banana	19 Veal Parmesan Penne Pasta with Marinara Broccoli Whole Wheat Vienna Bread Fresh Melon
22 Chicken Ala Orange Vegetable Rice Pilaf Northern Beans Raisin Bran Muffin Chilled Peaches	23 French Dip of Beef with Mushrooms and Onions Onven Fries Corn Whole Wheat French Roll Whole Apple	24 DELI BAR Grilled Chicken Ceasar Multi Grain Dinner Roll Garden Vegetable Soup Romaine Salad Cottage Cheese and Pears Tomato Salad	25 Ricotta Stuffed Shells Meatballs With Marinara Italian Green Beans Garlic Bread Sticks Spinach Garden Salad Assorted Cookies	26 All Beef Hot Dog Twice Baked Potato Casserole Peas and Carrots Whole Wheat Hot Dog Bun Banana
29 Roast Pork and Gravy Au Gratin potatoes Peas and Carrots Multi Grain Bread Whole Apple	30 Cheddar Broccoli Chicken Rice Casserole Cauliflower Whole Wheat Roll Pear and Cranberry Crumble Pea Salad			

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.
Each meal served with milk.

Suggested Donation: \$3.50

MENU SUBJECT TO CHANGE DUE TO AVAILABILITY OF ITEMS

Funds, in whole or in part, for this publication were provided through Age Options and Northeastern Illinois Area Agency on Aging under Title III of the Older Americans act as administered through the Illinois Department on Aging and the 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 in Employment Act and the U.S. and Illinois Constitutions. If you feel you have been discriminated against, you have the right to file a complaint. For information, dial 1-800-252-9956 (voice & TDD) or contact the Director of Personnel at (312)207-5290

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Monday	Tuesday	Wednesday	Thursday	Friday
1 	2 Puzzle Day Come In And Work On A Jig Saw Puzzle	3 DELI BARI \$4 	4 National Eat An Extra Dessert Day Enjoy Your Lunch With Us As Well As A Bonus Dessert!	5 Diamond Art Come In And Start A Diamond Art Project Of Your Own
8 BINGO @ 12:15 Must eat lunch in order to play Bingo! 	9 Word Puzzles Day Come In And Work On A Word Puzzle While You Eat	10 DELI BARI \$4 	11 Craft Day Come In and Paint A Drink Coaster 	12 Card Games Uno? Poker? Go Fish? Bring Your Friends And Play A Game Of Your Choice!
15 BINGO @ 12:15 Must eat lunch in order to play Bingo! 	16 LCR Left, Right and Center Let's Play An Action Packed Dice Game That Everyone Can Easily Learn	17 DELI BARI \$4 	18 Falling For Bingo Get Ready For Autumn With An Exciting Day Of Bingo! 	19 Rice Krispy Treat Day There Will Be Rice Krispy Treats With Lunch
22 BINGO @ 12:15 Must eat lunch in order to play Bingo! 	23 Checkers Day Play a Game of Checkers With Us Today	24 DELI BARI \$4 	25 Leaf It To The Dance Floor Lunch, Raffles And Entertainment 	26 Needle Felting Come In And Make Your Own Needle Felting Creation
29 BINGO @ 12:15 Must eat lunch in order to play Bingo! 	30 National Orange Shirt And National Chewing Gum Day! Wear an Orange Shirt And Get Free Gum!			

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