

# July 2026

## 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, <b>REFRIGERATE IT RIGHT AWAY!</b> Do not leave it sitting out. Each meal served with milk.</p>		<p><b>DELI BAR</b> 1</p> <p>Grilled Chicken w/Ceasar Multi-Grain Dinner Roll Garden Vegetable Soup Romaine Salad Cottage Cheese   Pears Hard Boiled Egg   Tomato Salad</p>	<p>2</p> <p>Surimi Crab Salad Mixed Salad Greens w/Tomatoes Dilled Cucumbers Whole Wheat Dinner Roll Fruit Cup</p>	<p>3</p> 
<p><b>COLD SANDWICH MENU</b> 6</p> <p>Shaved Turkey and Cheese Lettuce and Tomato Garnish Potato Salad Wheat Bread Applesauce</p>	<p>7</p> <p>Hamburger Bean Casserole Mixed Vegetables Whole Wheat Bun Fruit Sunburst Fresh Melon</p>	<p><b>DELI BAR</b> 8</p> <p>Roast Turkey w/Havarti Cheese Whole Wheat Croissant Minestrone Soup Tossed Garden Salad Cottage Cheese   Mandarin Orange Coleslaw</p>	<p>9</p> <p>Spaghetti and Meatballs w/Marinara Sauce Capri Blend Vegetables Whole Wheat Vienna Bread Chilled Pears</p>	<p>10</p> <p>Baked Pollock Bella Vista Red Skin Potatoes California Blend Vegetables Multi-Grain Bread Whole Apple</p>
<p>13</p> <p>Baked Meatloaf w/Gravy Mashed Potatoes Stewed Tomatoes Multi-Grain Bread Whole Orange</p>	<p>14</p> <p>Eggs w/Biscuits and Gravy Diced Hashbrowns Apple Cobbler Juice Banana</p>	<p><b>DELI BAR</b> 15</p> <p>Quiche Lorraine Multi-Grain Dinner Roll Savory Noodle Soup Tossed Garden Salad Cottage Cheese   Mixed Fruit Green Bean Salad</p>	<p>16</p> <p>Asian Glazed Chicken Citrus Brown Rice Broccoli Multi-Grain Bread Mandarin Orange Jell-O Fortune Cookie</p>	<p><b>SPECIAL MENU</b> 17</p> <p>Stuffed Shells w/Marinara Meatballs Marinara Italian Green Beans Garlic Breadsticks Spinach Garden Salad Assorted Cookies</p>
<p>20</p> <p>Prime Rib of Pork Baked Potato Parslied Cauliflower Marble Rye Bread Mixed Fruit</p>	<p><b>SALT PICNIC</b> 21</p> <p>Wisconsin Bratwurst Whole Wheat Bun American Potato Salad Baked Beans Banana/Apples Cookies</p>	<p><b>DELI BAR</b> 22</p> <p>Corned Beef and Swiss w/Thousand Island Dressing Cream of Potato Soup Tossed Garden Salad Cottage Cheese   Chilled Pears Carrot Raisin Salad</p>	<p>23</p> <p>Dilled Tuna Salad Sandwich Lettuce and Tomato Garbanzo and Kidney Beans Whole Wheat Kaiser Fruit Cup Banana</p>	<p>24</p> <p>Chicken Provence Rice Florentine Country Blend Vegetables Multi-Grain Bread Whole Orange</p>
<p>27</p> <p>Kielbasa Dilled Potatoes Bean Casserole Marble Rye Bread Fruit Cup</p>	<p>28</p> <p>Chicken w/Creamy Parmesan Pasta Salad Mixed Salad Greens w/Tomatoes Multi-Grain Bread Pineapple Tidbits</p>	<p><b>DELI BAR</b> 29</p> <p>Italian Beef Whole Wheat French Roll Cream of Broccoli Soup Tossed Garden Salad Cottage Cheese   Orange Potato Salad</p>	<p><b>COLD SANDWICH MENU</b> 30</p> <p>Chicken Waldorf Salad Mixed Salad Greens w/Tomatoes Chick Pea Salad Whole Wheat Graham Crackers Tropical Fruit</p>	<p>31</p> <p>Southern Breaded Fish Filet Au Gratin Potatoes Peas Multi-Grain Bread Applesauce</p>

**MENU SUBJECT TO CHANGE DUE TO AVAILABILITY OF ITEMS**

**Suggested Donation: \$4.00**

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 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 1-800-252-8966 (voice & TDD) or contact the Director of Personnel at (312)207-5290

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### Activities

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Monday	Tuesday	Wednesday	Thursday	Friday
		1 DELI BAR! 	2 Board Games! 	3 
6 BINGO @ 12:15  Must eat lunch in order to play Bingo!	7 Card Games!  	8 DELI BAR! 	9 National Sugar Cookie Day! Come decorate some sugar cookies!	10 Jig Saw Puzzle 
13 BINGO @ 12:15  Must eat lunch in order to play Bingo!	14 Word Puzzles  	15 DELI BAR! 	16 National Cherry Day! Enjoy a delicious slice of cherry pie!	17 July Bingo Jubilee \$10 Hosted By: Lemont Township
20 BINGO @ 12:15  Must eat lunch in order to play Bingo!	21 SALT PICNIC!  Must be apart of SALT to attend!	22 DELI BAR! 	23 Board Game Day   	24 Jig Saw Puzzle 
27 BINGO @ 12:15  Must eat lunch in order to play Bingo!	28 Random Arts And Crafts Choose From An Assortment Of Past Arts And Crafts 	29 DELI BAR! 	30 National Cheesecake Day! Enjoy a slice of cheesecake!	31

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