Bellwood Café
439 Bohland Ave
Bellwood, IL. 60104
224-446-5163

Days: Mondays-Fridays
Hours:8:30am– 1:30pm
Lunch served :11:30am—12:00pm

Community Nutrition Network & Senior Services Association

Café Manager: Cyd Porter

OCTOBER 2024

Monday	Tuesday	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 your food sitting out. Each meal served with milk	**1.** *DELI BAR* Cheeseburger Wheat Bun Tomato Soup Tossed Garden Salad Cottage Cheese, Sliced Pears	**2.** Salisbury Steak/Gravy Mashed Potatoes Corn Multi Grain Dinner Roll Pineapple Tidbits	**3.** Hot Dog Oven Fries Bean Casserole Wheat Hot Dog Bun Banana Fresh Melon	**4.** Classic Lasagna W/ Meat Sauce Broccoli Chef's Choice Vegetable Wheat Bread Oatmeal Raisin Cookie
7. Roast Turkey & Gravy Baked Sweet Potatoes Mixed Vegetables Bread Stuffing Chef's Fruit	**8.** *DELI BAR* Stuffed Green Pepper Multi Grain Dinner Roll Lumberjack Soup Tossed Garden Salad Cottage Cheese, Apple Tri Bean Salad	**9.** *DELI BAR* Swiss Burger Wheat Hamburger Bun Mushroom Barley Soup Tossed Garden Salad Cottage Cheese, Tropical Fruit Beet Salad	**10.** *DELI BAR* Tuna Salad Sandwich Wheat French Roll Cream of Broccoli Soup Tossed Garden Salad Cottage Cheese Mandarin Oranges Carrot Raisin Salad	**11.** Citrus Alaskan Pollock Vegetable Rice Pilaf Country Blend Vegetables Multi– Grain Dinner Roll Chick Pea Salad Fresh Melon
14. CLOSED ***National Indigenous Peoples Day***	**15.** ***Taco Tuesday*** Chicken/ Steak Taco Refried Beans Puerto Rican Rice Fruit	**16.** Roast Turkey W/ Cheddar Ale Sauce Vegetable Rice Pilaf Broccoli Biscuit Cookie Chef's Fruit	**17.** *DELI BAR* Turkey Trio & Provolone Wheat French Roll Split Pea Soup Tossed Garden Salad Cottage Cheese, Banana Pasta Salad	**18.** Chicken Breast Parmesan Penne Pasta/ Marinara Squash Medley Wheat Vienna Chilled Peaches
21. Bavarian Bratwurst Diced Parslied Potatoes Carrots Rye Bread Fresh Melon	**22.** *DELI BAR* Chicago Style Hotdog Wheat Bun Tomato Lentil Soup Tossed Garden Salad Cottage Cheese, Orange Chocolate Pudding	**23.** Texas Chili Mac & Cheese Country Blend Vegetables Multi Grain Bread Fruit Cup	**24.** ***Lunch with The Pearl of Hillside***	**25.** ***Halloween Party/ Bill's Place*** Broasted Chicken Broasted Potatoes Coleslaw, Fruit Dinner Rolls, Dessert **Donation $5**
28. Slow Roasted Beef/ Gravy Mashed Potatoes Brussels Sprouts Multi Grain Bread Chilled Pears Cookie	**29.** Turkey Pot Roast/ Gravy Baked Potato Peas & Carrots Multi Grain Bread Chef's Fruit Banana	**30.** *DELI BAR* Chicken Tender Poor Boy, Pesto Aioli, Wheat French Roll Cheddar Corn Chowder Soup Tossed Garden Salad Cottage Cheese, Pineapple Tid bits, Coleslaw	**31.** Chicken Tenders/Gravy Bread Stuffing Sweet Potato Mashed Northern Bean & Tomato Medley Apple, Pea Salad	

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 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 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 Suggested Donation:$3.00