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
Lunch Pick up 11:00am –1:00pm

Community Nutrition Network & Senior Services Association

Café Manager: Cyd Porter

JULY 2024

Monday	Tuesday	Wednesday	Thursday	Friday
01. Corned Beef Lettuce & Tomato Chick Pea Salad Marble Rye Bread Fruit	**02.** French Dip of Beef W/ Mushrooms & Onions Oven Fries Corn Wheat French Roll Fresh Apple	**03.** Classic Lasagna W/ Meat Sauce Squash Medley Italian Green Beans Whole Wheat Bread	**04.CLOSED** 	**05** ***CLOSED***
08. BBQ Riblet Wheat Sandwich Bun Sweet Potato Mashed Chef's Vegetable Yogurt	**09.** ***DELI BAR*** Cheeseburger Tomato Florentine Soup Tossed Garden Salad Cottage Cheese, Fruit Sun-burst, Macaroni Salad	**10.** BLT Chicken Salad Mixed Salad Greens W/ Tomato Wedges Tri– Bean Salad Corn Bread Mandarin Oranges	**11.** ***DELI BAR*** Deviled Egg Salad Wheat French Roll Cream of Potato Soup Tossed Garden Salad Cottage Cheese, Sliced Pears Broccoli Salad	**12. Restaurant Day/** **Beggars Pizza** Cheese/ Sausage Pizza Chips Fruit Cup/ Dessert Donation $5
15. Baked Meatloaf W/ Country Gravy Mashed Potatoes Stewed Tomatoes, Orange Whole Wheat Bread	**16.** ***DELI BAR*** Grilled Chicken Salad ,Bacon Ranch Dressing Garden Vegetable Soup Tossed Garden Salad Cottage Cheese, Banana	**17.** Slow Roasted Beef Au Gratin Potatoes Carrots & Chives Multi Grain Dinner Roll Mixed Fruit	**18.** ***DELI BAR*** Chicago Style Hot Dog, Wheat Hot Dog Bun, White Bean Soup, Tossed Garden Salad, Cottage Cheese, Mandarin Orange Jello and Ginger Broccoli Salad	**19.** Turkey Pasta Salad W/ Shell Rigate Lettuce & Tomato Tri– Bean Salad Whole Wheat Bread Pineapple Tidbits
22. Prime Rib of Pork Baked Potato Parslied Cauliflower Rye Bread Mixed Fruit	**23.** Italian Sausage/ Marinara Scalloped Potatoes Brussels Sprouts Wheat Bun	**24.** BBQ Pulled Chicken Cheesy Mashed Potatoes Broccoli Wheat Sandwich Bun Chilled Pears	**25.** ***Lunch sponsored by The Pearl of Hillside***	**26.** Chicken Marbella Rice Florentine Country Blend Vegetables Whole Wheat Bread Whole Orange
29. Kielbasa Dilled Potatoes Bean Casserole Rye Bread Fruit Cup	30. Chicken W/ Garden Roti-ni Pasta Salad Mixed Salad Greens Herbed Tomato Wedges Multi-Grain Bread Pineapple Tid Bits	**31. Restaurant Day** Turkey & Swiss Sub Cheddar Broccoli Soup Fruit Cup Dessert Donation $5		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

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