


Bellwood Cafe
439 Bohland Ave
Bellwood, IL 60104

Days: Mondays-Fridays
Times: 9:00am-2:00pm
Phone: 708-234-1869



**Community Nutrition Network
& Senior Services Association**



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 it sitting out. Please be safe. Each meal served with milk	<p style="text-align: center;"><i>Goodbye</i> SUMMER <i>hello</i> AUTUMN</p>		01. Fried Chicken Mashed Potatoes Corn Watermelon Dinner Roll	02. Choice of Sandwich Potato Salad Honey Mint Salad
05. Closed 	06. Italian Sausage Scalloped Potatoes Brussels Sprouts Wheat Sausage Bun Fresh Melon	07. BBQ Pulled Chicken Cheese Mashed potato Broccoli Wheat Sandwich Bun Chilled Pears	08. Dilled Tuna Salad Lettuce and tomato Garbanzo & Kidney Bean Slivered Carrots Wheat Kaiser Banana Fruit Cup	09. Chicken Marbella Rice Florentine Country Blend Whole Wheat Bread Whole Orange
12. Kielbasa Dilled Baby red potatoes Bean casserole Rye Bread Fruit Cup	13. Chicken w rotini pasta Salad Mixed Salad Greens herbed Tomato Wedges Multi- Grain Bread Pineapple	14. Souffle Potatoes O'Brien Fruit Cup Blueberry Muffin Bread Whole Orange	15. Meatloaf Mashed potatoes Carrots & chives Whole Wheat Bread Chilled Peaches Fresh melon	16. Fish Filet Au gratin potatoes Coleslaw Hot apple sauce Whole wheat bread
19. Meatball/Marinara Sub sandwich Potatoes Italian Green Beans Wheat French roll Whole Orange	20. Salisbury Steak Mashed potatoes Cabbage & carrots Multi grain bread Mixed Fruit Oatmeal cookie	21. Roasted Turkey Breast Wheat Kaiser Lettuce & tomato Pea salad	22. Chicken & mini dumplings Garden vegetables Corn & black Bean salad Multi grain dinner roll Hot glazed apples Banana	23. Veal Parmesan Penne pasta w/marinara sauce Broccoli Wheat Bread Fresh Melon
26. Chicken ala orange Rice Bean salad Wheat cranberry bread Hot peach crumble	27. French Dip Beef w/ mushrooms & onions Oven Fries Corn Wheat Fresh roll Fresh Melon	23. Classic lasagna Squash Medley Italian green beans Whole wheat bread Chilled pears	29. Crab salad greens tomato wedges Whole wheat bread Apple crisp Fruit cup	30. Hot Dog Twice Bake potato Casserole Peas & carrots Wheat Hot dog Bun Banana

Funds in whole or in part for this publication were provided through an award 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 right 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.