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

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

Community Nutrition Network & Senior Services Association

Café Manager: Cyd Porter

AUGUST 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			**01.** ***DELI BAR*** Dilled Tuna Salad Wheat French Roll Soup Do Jour Tossed Garden Salad Cottage Cheese, Peaches	**02.** Shaved Turkey & Cheese Lettuce & Tomato Garnish Pea Salad Whole Wheat Bread Chef's Choice Fruit
05. Meatball Marina Sub Sandwich Potatoes Italiano Italian Green Beans Wheat French Roll Whole Orange	**06.** ***DELI BAR*** Pulled Pork Shoulder W/ Mango BBQ Sauce Wheat Bun Cream of Mushroom & Barley, Tossed Salad Cottage Cheese, Mixed Fruit Potato Salad	**07.** Roasted Turkey Breast & Wisconsin Cheddar Wheat Kaiser Lettuce & Tomato Pea Salad Pineapple Tid bits	**08.** Lemon Basil Chicken Garden Vegetables Corn & Black Beans Multi– Grain Dinner Roll Applesauce Banana	**09.** Polish Sausage Potato Salad Baked Beans Fruit
12. Corned Beef Lettuce & Tomato Chick Pea Salad Marble Rye Bread Fruit	**13.** French Dip of Beef W/ Mushrooms & Onions Oven Fries Corn Wheat French Roll Fresh Apple	**14.** Classic Lasagna W/ Meat Sauce Squash Medley Italian Green Beans Whole Wheat Bread	**15.** Surimi Crab Salad Mixed Green W/ Tomato Wedges Dilled Cucumbers Apple Cinnamon Muffin Fruit Cup	16. Hotdog Twice Baked Potato Casserole Peas & Carrots Wheat Hotdog Bun Banana
19. BBQ Riblet Wheat Sandwich Bun Sweet Potato Mashed Chef's Vegetable Strawberry Yogurt	**20.** ***DELI BAR*** Cheeseburger Tomato Florentine Soup Tossed Garden Salad Cottage Cheese, Fruit Sun-burst, Macaroni Salad	**21.** BLT Chicken Salad Mixed Salad Greens W/ Tomato Wedges Tri– Bean Salad Corn Bread Mandarin Oranges	**22.** ***Lunch sponsored by The Pearl of Hillside***	**23.** Herbed Baked Chicken Mashed Potatoes Green Bean Casserole Bran Muffin Whole Apple
26. . Baked Meatloaf W/ Country Gravy Mashed Potatoes Stewed Tomatoes, Orange Whole Wheat Bread	**27. .** ***DELI BAR*** Grilled Chicken Salad ,Bacon Ranch Dressing Garden Vegetable Soup Tossed Garden Salad Cottage Cheese, Banana Coleslaw	**28.** Slow Roasted Beef Au Gratin Potatoes Carrots & Chives Multi Grain Dinner Roll Mixed Fruit	**29.** ***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 Dilled Cucumber	**30.** Turkey Pasta Salad W/ Shell Rigate Lettuce & Tomato Tri– Bean Salad Whole Wheat Bread Pineapple Tidbits

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