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

SEPTEMBER

Monday	Tuesday	Wednesday	Thursday	Friday
02. CLOSED 	**03.** Italian Sausage/ Marinara Scalloped Potatoes Brussels Sprouts Wheat Bun Fresh Melon	**04.** BBQ Pulled Chicken Cheesy Mashed Potatoes Broccoli Wheat Sandwich Bun Chilled Pears	**05.** Grilled Chicken Salad, Fruit Salsa, Dinner Roll, Mediterranean Vegetable Soup, Fruit Tossed Garden Salad Garbonzo & Kidney Bean Salad, Cottage Cheese	**06.** Chicken Marbella Rice Florentine Country Blend Vegetables Whole Wheat Bread Whole Orange
09. Kielbasa Dilled Potatoes Bean Casserole Rye Bread Fruit Cup	**10.** Chicken W/ Garden Roti-ni Pasta Salad Mixed Salad Greens Herbed Tomato Wedges Multi– Grain Bread Pineapple Tidbits	**11.** Tuna Salad Sandwich Lettuce & Tomato Garnish Tri– Bean Salad Whole Wheat Bun Mandarin Oranges	**12** Baked Meatloaf W/ Country Gravy Mashed Potatoes Carrots & Chives Whole Wheat Bread Chilled Peaches Fresh Melon	**13.** Potato Crusted Fish Filet Au Gratin Potatoes Peas, Applesauce Whole Wheat Bread
16. Meatball Marina Sub Sandwich Potatoes Italiano Italian Green Beans Wheat French Roll Whole Orange	**17.** Salisbury Steak Mashed Potatoes/Gravy Cabbage & Carrots Multi Grain Bread Mixed Fruit Oatmeal Raisin Cookie	**18.** Roasted Turkey Breast & Wisconsin Cheddar Wheat Kaiser Lettuce & Tomato Pea Salad Pineapple Tid bits	**19.** Lemon Basil Chicken Garden Vegetables Corn & Black Beans Multi– Grain Dinner Roll Applesauce Banana	**20. Patio Pizza Party** Cheese/Sausage pizza Tossed Salad Fruit/Dessert ***Donation $5*** ***Please RSVP***
23. Corned Beef Lettuce & Tomato Garnish Chick Pea Salad Marble Rye Bread Chef's choice fruit	**24.** French Dip of Beef W/ Mushrooms & Onions Oven Fries Corn Wheat French Roll Whole Apple	**25.** Classic Lasagna W/ Meat Sauce Squash Medley Italian Green Beans Whole Wheat Bread Chilled Pears	**26.** ***Lunch with The Pearl of Hillside***	**27.** Hotdog Twice Baked Potato Casserole Peas & Carrots Wheat Hotdog Bun Banana
30. Roast Pork & Gravy Au Gratin Potatoes Peas & Carrots Wheat Bread Whole Apple				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 III 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