CNN Home Delivered Meal Program
1700 Newton Place
Morris, IL 60450

Patty Strahan Nutrition Director

Meals on Wheels FOR NORTHERN ILLINOIS
COMMUNITY & NUTRITION SERVICES FOR SENIORS

AgeGuide NORTHEASTERN ILLINOIS

United Way

Funding in part is provided by Age Guide and United Way of Grundy County

If you have any questions or problems please call our office at 1-815-941-1590.

November 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2. OLD FASHION BEEF VEGETABLE SOUP CORN, GREEN BEANS MULTI GRAIN BREAD CHILLED PEARS COOKIE Milk or juice	3. TURKEY POT ROAST/GRAVY BAKED POTATO PEAS & CARROTS MULTI GRAIN CRANBERRY ROLL CHEF'S FRUIT Milk or juice	4. SPAGHETTI & MEATBALL MARINARA BROCCOLI WHEAT VIENNA CHILLED PEACHES Milk or juice	5. CHICKEN TENDERS IN COUNTRY CHICKEN GRAVY, SAGE BREAD STUFFING, SWEET POTATO MASHED NORTHERN BEAN & TOMATO MEDLEY APPLE Milk or juice	6. SURIMI CRAB ALFREDO PENNE PASTA ZUCCHINI W RED PEPPERS & ONIONS CHEF'S CHOICE VEGETABLE WHOLE WHEAT ROLL FRUIT CUP Milk or juice
9.BAKED MEATLOAF W/ COUNTRY GRAVY CAULIFLOWER MASHED POTATOES, MIXED VEGETABLES MULTI GRAIN BREAD FRUIT Milk or juice	10. POTATO LEEK & SAUSAGE CHOWDER PEAS & CARROTS MIXED SALAD GREENS CORN BREAD WARM APPLE COBBLER Milk or juice	11. **Office is Closed Today For the Holiday**	12. CHEESE OMELETTE HASH BROWNED POTATOES WHOLE WHEAT BISCUIT APPLE JUICE FRUIT YOGURT FRESH ORANGE Milk or juice	13. SWEDISH MEATBALLS/GRAVY MASHED POTATOES BROCCOLI MULTI GRAIN BREAD FRESH MELON Milk or juice
16.ROAST PORK & GRAVY AU GRATIN POTATOES PEAS & CARROTS MULTIGRAIN BREAD WHOLE APPLE Milk or juice	17. CHICKEN AND KALE SOUP BAKED SWEET POTATOES ITALIAN GREEN BEANS MULTIGRAIN CRANBERRY ROLL CHILLED PEACHES Milk or juice	18. SALISBURY STEAK/GRAVY MASHED POTATOES SWEET CORN WHOLE WHEAT DINNER ROLL PINEAPPLE TIDBITS Milk or juice	19. HOT DOG OVEN FRIES BEAN CASSEROLE WHEAT HOT DOG BUN BANANA Milk or juice	20. CLASSIC LASAGNA W/ MEAT SAUCE, BROCCOLI CHEF'S CHOICE VEGETABLE MULTIGRAIN BREAD CHOCOLATE PUDDING Milk or juice
23. ROAST TURKEY & GRAVY BAKED SWEET POTATOES GREEN BEAN CASSEROLE SAGE BREAD STUFFING CHEF'S FRUIT, PIE Milk or juice	24. SPAGHETTI & MEATBALL MARINARA MIXED SALAD GREENS MULTI GRAIN BREAD WARM PEACH COBBLER Milk or juice	25. HAMBURGER GERMAN POTATO SALAD GREEN BEANS WHEAT SANDWICH BUN APPLE SAUCE Milk or juice	26. **Office is Closed Today For the Holiday**	27. **Office is Closed Today For the Holiday**
30.CHEDDAR BROCCOLI CHICKEN RICE CASSEROLE CAULIFLOWER MULTIGRAIN BREAD WARM PEAR AND CRANBERRY CRUMBLE Milk or juice				

Menu subject to change due to availability of items. For your safety, if you cannot eat all of your meal or if you are not ready to eat your meal when it is delivered: RE-FRIGERATE IT RIGHT AWAY!! Do not leave it sitting out!!! Remove meal from the freezer and follow the cooking instructions provided. If it has been refrigerated, it will not take as long. This menu is subject to change.

Community Nutrition Network, Inc. does not discriminate in admission to programs or treatment of the employment in the programs or activities in the compliance with the Illinois Human Rights Act: the U.S. Civil Rights Act: Section 504 of the Rehabilitation Act; the Age Discrimination in Employment Act; and the U.S. and Illinois Constitutions. If you feel you have been discriminated against, you have the right to file a complaint with the Illinois Department of Aging. For information, call 1-800-252-8966 [voice & TDD] or contact the Director of Personnel at [312] 207-5444.

Please Note:
We are not able to leave food in coolers or on your porch. You must be home to receive it. If you are not going to be home please let us know.

Delivery Days: Mondays-Fridays
Times: 10:00am-1:00 pm
Phone: (815)941-1590

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This menu is approved for use by Georgis title IIIC Nutrition Sites. K. Leicht, RD LDN MBA

Meal Heating Instructions

Conventional Oven:

From frozen, heat in a pre-heated 350 Degree oven for 20-30 minutes or until heated through.

Microwave Oven:

Take meal and heat 3-7 minutes depending on your microwave. No need to poke a hole.

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