

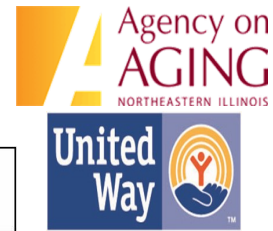
**CNN Saratoga Towers
Meal Program
1700 Newton Place
Morris, IL 60450**

March 2020

*Days: Mondays-Fridays
Times: 8:00am-3:30 pm
Phone: (815)941-1590*



**Community Nutrition Network
& Senior Services Association**



Funding in part is provided by North-eastern Illinois Area Agency on Aging and United Way of Grundy County

Patty Strahan Nutrition Director

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

Monday	Tuesday	Wednesday	Thursday	Friday
2. 3 oz luau pork, 1/2 c sweet potato puffs, 1/2 c mixed vegetables, 1/2 c mandarin oranges, 1.25 oz Hawaiian roll w/ margarine, cookie	3. 3 oz oriental chicken, 1/2 c peas, 1/2 c Asian rice, 1/2 c Asian coleslaw, wheat roll w/ margarine, 1/2 c pineapple	5. Meat Loaf. Mashed Potatoes & Gravy, Tossed Salad, Green Beans, Rolls & Butter, Fruit, Dessert, Milk Catered by Upper Crust Lunch 11:30 Bingo 12:30 Suggested Donation \$6.00	5.3 oz meatballs and vodka sauce, 1/2 c pasta, 1/2 c green beans, 1/2 c fruit juice, sour dough roll/margarine, 1/2 c applesauce	7. Goulash, Tossed Salad, Tuna Noodle Casserole, Kidney Bean Salad, Fruit, Milk, Dessert LUNCH 11:30 Bingo 12:30 Suggested Donation \$5.00
9. 3 oz baked ham/sweet sour glaze, 1/2 c sweet potato puffs, 1/2 c Peas & carrots, 1/2 c pears, 1.2oz granola bar, rye bread w/butter	10. 3 oz taco beef, 1/2 c fiesta rice, 1/2 c refried beans, flour tortilla, 1/2 c corn salad, med oranges	11. Lasagna, Caesar Salad, Green Beans, Peaches, Garlic Bread, Dessert, Milk Catered by R Place Lunch 11:30 Bingo 12:30 Suggested Donation \$6.00	12. 3oz German style roast pork with German mushroom gravy, 1/2 c dilled carrots, 1/2 c potato pancake, multi grain roll and margarine, 1/2 c sliced apples	14. Slow Cooked Pork Loin & Kraut, Macaroni & Cheese, Black Bean Salad, Fruit, Dessert, Milk LUNCH 11:30 Bingo 12:30 Suggested Donation \$5.00
16. 3 oz Maxwell Street Smoked polish sausage on wheat bun and mustard packet, 1/2 c potato salad, 1/2 c baked beans, 1/2 c pineapple	17. 3 oz breaded steak w/country gravy, 1/2 c mashed potato, 1/2 c peas & pearl onions, 1/2 c fruit cocktail, roll w/margarine	19. March For Meals Community Lunch Corned Beef & Cabbage, Parsley Potatoes, Carrots, Green Jello w/ Fruit, Rye Bread & Butter, Dessert, Milk Catered by Upper Crust Lunch 11:30 Bingo 12:30 Suggested Donation \$6.00	19. 3 oz Italian sausage w/red sauce, 1/2 c peas, 1/2 c pasta, 1/2 c apples, 1/2 c broccoli salad, wheat bun	21. Loaded Baked Potato w/ cheese, Ham & sour cream, Hummus & Vegetables, Fruit, Milk, Dessert LUNCH 11:30 Bingo 12:30 Suggested Donation \$4.00
23 3 oz stuffed cabbage rolls, 1/2 c scalloped potatoes, 1/2 c corn, 1 oz Wheat roll w/butter, banana, cookie	24. 3 oz prime rib w/au jus, 1/2 c Au gratin potato, 1/2 c green beans, multi grain roll/ margarine, 1/2 c peaches	26. Beef Stroganoff, Peas & Carrots, Applesauce, Rolls & Butter, Tossed Salad, Dessert, Milk Catered by R Place Lunch 11:30 Bingo 12:30 Suggested Donation \$6.00	26. 3 oz southern chicken w/ country gravy, 1/2 c mashed potatoes, 1/2 c corn, roll w/ margarine, 1/2 c fruit salad, oatmeal bar	28. Monthly Birthday Party Tuna Salad or Chicken Salad on a bun, Soup, Tossed Salad Fruit, Milk, Dessert LUNCH 11:30 Bingo 12:30 Suggested Donation \$4.00
30. 3oz chicken & sausage jambalaya, 1/2 c rice, 1/2 c red beans, 1/2 c veggie salad, cornbread/margarine, 1/2 c pineapple	31. 3 oz stuffed pepper w/ sauce, 1/2 c garlic potato, 1/2 c carrots/dill butter, muffin, apple			

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.

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: **REFRIGERATE 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.