

Funding in Part by: Age Guide and United Way

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**Website-[WWW.CNNSSA.ORG](http://WWW.CNNSSA.ORG)**



These menus are approved for use  
 by title IIIC Nutrition Programs. K.  
 Leicht, RD LDN MBA

**815-941-1590**

**COMMUNITY NUTRITION NETWORK**

Monday		Tuesday		Wednesday		Thursday		FRIDAY	
						<b>WHISTLE STOP</b>	<b>1</b>	<b>SARATOGA TOWER</b>	<b>2</b>
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.				<p><i>Saratoga Towers</i>  <b>Wednesday &amp; Friday</b>                      Lunch is now served at 11AM                      With a second seating at 11:30PM on                      Wednesdays and Fridays with Bingo to Follow                      second seating.</p>		Site open for senior to go meals only at this time		Pork Chop Suey w/Rice, Oriental Vegetables, Dinner Rolls & Butter, Pears, Dessert, Milk	
	<b>5</b>	<b>R PLACE</b>	<b>6</b>	<b>SARATOGA TOWER</b>	<b>7</b>	<b>WHISTLE STOP</b>	<b>8</b>	<b>SARATOGA TOWER</b>	<b>9</b>
Great Plates is still closed sorry		Site open for senior to go meals only at this time		Hungarian Beef Tips over Buttered Egg Noodles, Tossed Salad, Mixed Vegetables, Bread & Butter Fruit, Dessert, Milk		Site open for senior to go meals only at this time		Chicken Pot Pie Tossed Salad, Pea Salad, Fruit, Dessert, Milk	
	<b>12</b>		<b>13</b>	<b>SARATOGA TOWER</b>	<b>14</b>		<b>15</b>	<b>SARATOGA TOWER</b>	<b>16</b>
Oven Baked Fried Chicken Mashed Potatoes w/Gravy, Corn, Pasta Salad, Bread & Butter, Fruit, Dessert, Milk Lunch 12:00 Bingo to Follow Suggested Donation \$6.00				Pork Loin Medallions, Mixed Vegetables, Mashed Potatos/Gravy, Tossed Salad, Rolls & Butter, Fruit Dessert, Milk  Catered by Upper Crust Suggested Donation \$6.00				Meatloaf, Mashed Potatoes, Vegetables Normandy, Cole Slaw, Fruit. Bread & Butter, Dessert, Milk, Suggested Donation \$4.00	
	<b>19</b>	<b>MAZON</b>	<b>20</b>	<b>SARATOGA TOWER</b>	<b>21</b>	<b>COAL CITY</b>	<b>22</b>	<b>SARATOGA TOWER</b>	<b>23</b>
		Chicken Parmesan w/Spaghetti Marinara, Garlic Bread, Green Beans, Tossed Salad, Dessert, Milk  Lunch 12:00 Bingo to Follow Suggested Donation \$6.00		Pot Roast, Potatoes & Carrots, Tossed Salad, Rolls & Butter, Fruit, Dessert, Milk  Catered by Upper Crust Suggested Donation \$6.00		Spaghetti & Meatballs W/ Marinara, Mixed Vegetables, Tossed Salad, Rolls & Butter, Dessert, Milk  Bingo @ 10:30, Lunch 12:00 Suggested Donation \$6.00		<b>Birthday Party</b> Chicken a La King, Biscuit, Mixed Vegetables, Tossed Salad, Fruit, Dessert, Milk  Suggested Donation \$4.00	
	<b>26</b>	<b>R PLACE</b>	<b>27</b>	<b>SARATOGA TOWER</b>	<b>28</b>		<b>29</b>	<b>SARATOGA TOWER</b>	<b>30</b>
Breaded Pork Tenderloin, Mashed, Potatoes & Gravy, Mixed Veg, Rolls & Butter, Tossed Salad, Fruit, Dessert, Milk  Lunch 12:00 Bingo to Follow Suggested Donation \$6.00		Site open for senior to go meals only at this time		Chicken Fajitas w/ Onion & Peppers, Flour Tortillas, Spanish Rice & Beans Tossed Salad, Fruit, Dessert, Milk  Catered by Upper Crust Suggested Donation \$6.00				<b>Oktoberfest</b> Bratwurst & Kraut on Bun, Green Beans, Buttered Spätzle, Applesauce, Pretzels & Tavern Cheese Dessert, Milk  Suggested Donation \$4.00	

Saratoga Towers Café serves meals daily at 11:30, open to public 60+ For your safety if you cannot eat all of your meal Refrigerate it right away!! Be safe! Please call 815-941-1590 to make or change a reservation. When you leave a message be assured we will follow through. Menu Subject to change due to availability of items. Thank You