



# CNNSA “GREAT PLATES” PROGRAM



## Whistle Stop Café

Coupons will be distributed at the first of the month on a first come, first served basis. In order to allow as many people as possible to have access to the coupons, there will be a limit to the number of coupons that each person can receive.

**If you have any questions, please contact  
Patty Strahan at: 815-941-1590.**



**United Way  
of Grundy County**



**Meals on Wheels Foundation  
of Northern Illinois**

*Partial funding for the provision of this program is provided under Title 111 of the Older Americans Act, from Northeastern Illinois Area Agency on Aging, Illinois Department on Aging, Federal Administration on Aging, and Grundy County United Way.*



**AVAILABLE ONLY WITH “GREAT PLATES” COUPON.  
TIPPING IS THE RESPONSIBILITY OF THE DINER.  
PLATE SHARING AND CARRY-OUTS NOT PERMITTED!**

**BREAKFAST (Served All Day)**

**All breakfasts include: Fruit cup or Juice, (12 fl oz total)  
Milk, Coffee, Hot or Iced Tea**

- Biscuits and Gravy with 2 bacon or 2 sausage links
- 2 slices of French toast with 2 bacon or sausage links
- 2 eggs, American fries, toast and your choice of bacon or sausage
- Pancakes (3) with bacon or sausage (2)
- 2 egg omelet served with American fries & Toast
- 2 fruit crepes with choice of bacon or sausage (2)
- Waffle and your choice of 2 bacon or 2 sausage

**LUNCH (11am – Close)**

**All lunches include: Fries and soup, fruit cup and Ice-cream,  
Milk, Coffee, Hot Tea or Iced Tea**

- Tuna or chicken salad sandwich
- 1/3 lb. Hamburger or Cheeseburger
- 1/2 Rubeen
- 1/2 Monte Cristo
- Plain Turkey Sandwich
- Quiche
- Small Chef Salad (does not include fries)
- ❖ Special of the Day

**DINNER (Served All Day)**

**All dinners include soup or salad, choice of potato (baked only after 4) fruit  
cup or juice and ice-cream,  
Milk, coffee, hot tea or Iced tea**

- 1/4 Fried Chicken, white or dark
- Spaghetti with meat sauce
- 8oz Chopped Steak with grilled onions
- 1 cabbage roll with potatoes
- 1 piece Cod Dinner
- 5oz Sirloin Steak
- 1/2 Chicken Ala King
- Meatloaf Dinner

8” Pizza your choice of 2 toppings (only after 4pm)

Menus are approved for use by title III C Nutrition Programs.  
K. Leicht, RD LDN M

