

Frankfort Township
 11000 Lincoln Highway
 Frankfort, IL 60423
 CNN Café Manager: Patricia Backus



January 2024

Community Nutrition Network & Senior Services Association



Days: Monday-Friday
 Times: 11:30 AM-1:30 PM
 Phone: (815) 351-8995

Monday	Tuesday	Wednesday	Thursday	Friday
1 <u>CLOSED</u>	2 Spaghetti & Meatball Marinara Mixed Salad Greens Multi Grain Bread Warm Peach Cobbler Fruit Cup	3 Shaved Pork W/ Mediterranean Sauce Scalloped Potatoes Brussels Sprouts Multi Grain Bread Apple Sauce	4 Baked Chicken & Gravy Mashed Potatoes Cauliflower/Red Pep- pers Wheat Bread Mandarin Oranges	5 Citrus Alaskan Pollock Veggie Rice Pilaf Country Blend Veggies Multi Grain Dinner Roll Chick Pea Salad Fresh Melon
8 Hot Roast Beef Mashed Potatoes/ Gra- vy Peas & Carrots Wheat Bread Fresh Orange	9 BBQ Riblet Oven Fries Black Beans & Corn Wheat Sandwich Bun Whole Apple	10 Roast Turkey W/Cheddar Ale Sauce Veggie Rice Pilaf Broccoli Biscuit Chefs Fruit Oatmeal Raisin Cookie	11 Western Eggs Hash Brown Potatoes Maple Glazed Pears Raisin Bread Cranberry Juice Banana	12 Chicken Parmesan Penne Pasta/ Marinara Squash Medley Wheat Vienna Chilled Pears
15 <u>CLOSED</u>	16 Chicken Chardonnay Mashed Potatoes Broccoli Multi Grain Bread Fresh Orange Chocolate Pudding	17 Texas Chili Mac & Cheese Country Blend Veggies Multi Grain Bread Fruit Cup	18 Veal Marsala Scalloped Potatoes Stewed Tomatoes Multi Grain Bread Chilled Pears Beet Salad	19 Baked Pollock W/ Lemon Butter Sauce Baked Potato California Blend Wheat Bread Vanilla Mandarin Pudding
22 Slow Roasted Beef/Gravy Mashed Potatoes Brussels Sprouts Multi Grain Bread Chilled Pears Cookie	23 Turkey Pot Roast/ Gravy Baked Potato Peas & Carrots Multi Grain Bread Chef's Fruit Banana	24 Spaghetti & Meatball Marinara Broccoli Wheat Vienna Chilled Peaches	25 Chicken Tenders W/ Country Gravy Bread Stuffing Sweet Potato Mash Bean & Tomato Medley Cran Applesauce Pea Salad	26 Surimi Crab Alfredo Penne Pasta Zucchini W/ Red Peppers & Onions Chef's Choice Veggies Multi Grain Dinner Roll Fruit Cup
29 Baked Meatloaf W/Country Gravy Cauliflower Mash Potatoes Mixed Veggies Whole Wheat Rolls Pineapple Tid Bits	30 BBQ Pulled Pork Oven Fries Carrot Raisin Salad Wheat Sandwich Bun Warm Apple Crumble Chef's Choice	31 Maple Mustard Glazed Chicken Thigh Scalloped Potatoes Baked Bean Casserole Wheat Bread Fruit Jell-O	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 it sitting out. Please be safe. Each meal served with fat-free or skim milk.	

Menu subject to change due to availability of items. Funding in in part is provided by AgeGuide

Suggested Lunch Donation: \$4.00

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