Frankfort Township

11000 Lincoln Highway

CNN Café Manager: Patricia Backus

Frankfort, IL 60423

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March 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
	For your safety, if you cannot you are not ready to eat your RIGHT AWAY! Do not leave it sitting out. Plea served with fat-free or skim m	meal, REFRIGERATE IT ase be safe. Each meal		 Baked Pollock W/ Lemon Butter Sauce Baked Potato Calif Blend Veggies Wheat Bread Vanilla Mandarin Pudding
4 Slow Roasted Beef/Gravy Mashed Potatoes Brussel Sprouts Multi-Grain Bread Chilled Pears Cookie	5 Turkey Pot Roast /Gravy Baked Potato Peas & Carrots Multi-Grain Bread Chef's Fruit Banana	 6 Spaghetti & Meatball Marinara Broccoli Wheat Vienna Chilled Peaches 	7 Chicken Tenders/ Country Gravy Bread Stuffing Sweet Potato Mashed Northern Bean & Tomato Mix Cran Applesauce Pea Salad	8 Surimi Crab Alfredo Penne Pasta Zucchini W/ Red Peppers & Onions Chef's Veggie Dinner Roll Fruit Cup
11 Baked Meatloaf W/ Country Gravy Cauliflower Mashed Potatoes Mixed Veggies Wheat Roll Pineapple Tidbits	12 BBQ Pulled Pork Oven Fries Carrot Raisin Salad Wheat Sandwich Bun Warm Apple Crumble Chef's Choice	13 St. Patrick's Day Party Buona Beef Sandwich House Salad Fruit Cup Milk Chocolate Chunk Cookie	14 Irish Stew W/ Peas, Onions, Carrots And Celery Irish Potatoes Steamed Cabbage Dinner Roll Leprechaun Pistachio Pudding	15 Cheese Omelette Hash Browned Potatoes Wheat Biscuit Apple Juice Fruit Yogurt Fresh Orange
18 Roast Pork & Gravy Au Gratin Potatoes Peas & Carrots Wheat Bread Whole Apple	19 Cheddar Broccoli Chicken Rice Casserole Cauliflower Wheat Roll Warm Pear Crumble Pea Salad	20 Salisbury Steak /Gravy Mashed Potatoes Corn Multi-Grain Roll Pineapple Tidbits	21 Hotdog Oven Fries Bean Casserole Wheat Hotdog Bun Banana Fresh Melon	22 Classic Lasagna W/ Marinara Broccoli Chef's Choice Veggies Wheat Bread Oatmeal Raisin Cookie
25 Roast Turkey & Gravy Baked Sweet Potatoes Mixed Vegetables Bread Stuffing Chef's Fruit	26 Spaghetti & Meatball Marinara Mixed Salad Greens Multi-Grain Bread Warm Peach Cobbler Fruit Cup	27 Shaved Pork W/ Mediterranean Sauce Scalloped Potatoes Brussel Sprouts Multi-Grain Bread Apple Sauce	28 Baked Chicken & Gravy Mashed Potatoes Cauliflower /Red Peppers Wheat Bread Mandarin Oranges	29 Citrus Alaskan Pollock Veggie Rice Pilaf Country Blend Veggies Multi-Grain Roll Chick Pea Salad Fresh Melon

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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