

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



# April 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 Meatball Marinara sub Potatoes Italiano Green Beans Whole Orange	2 Salisbury Steak Mashed Potatoes Cabbage & Carrots Mixed Fruit Oatmeal Raisin Cookie	3 Roasted Turkey & Wisconsin Cheddar Lettuce & Tomato Pea Salad Pineapple Bits	4 Lemon Basil Chicken Garden Veggies Corn & Black Beans Dinner Roll Apple Sauce	5 Veal Parmesan Penne Pasta W/ Marinara sauce Broccoli Fresh Melon
8 Chicken Ala Orange Vegetable Rice Pilaf Northern Beans Bran Muffin Bread Chilled Peaches	9 French Dip Beef W/ Mushrooms & Onions Wheat French Roll Oven Fries Corn Whole Apple	10 Classic Lasagna W/Meat sauce Squash Medley Italian Green Beans Whole Wheat Bread Chilled Pears	11 Surimi Crab Salad Mixed Greens W/ Tomato wedges Dilled cucumbers Apple Cinnamon Muffin Fruit Cup	12 Hot Dog Twice Baked Potato Cas- serole Peas & Carrots Wheat Hotdog Bun Banana
15 Bbq Riblet Sweet Potato Mashed Chef's Vegetables Wheat Sandwich Bun Strawberry Yogurt	16 Hamburger Bean Casserole Mixed Vegetables Wheat Sandwich Bun Fruit Sunburst	17 BLT Chicken Salad Mixed Salad Greens W/ Tomato Wedges Tri-Bean Salad Corn Bread Mandarin Oranges	18 Spaghetti & Meatballs W/ Marinara Sauce Capri Blend Vegetables Wheat Bread Chilled Pears	19 Herbed Baked Chicken Mashed Potatoes W/ Gravy Green Bean Casserole Bran Muffin Bread Whole Apple
22 Baked Meatloaf W/ Country Gravy Mashed Potatoes Stewed Tomatoes Whole Wheat Bread Whole Orange	23 Eggs W/ Biscuit & Gravy Diced Hash Browns Apple Cobbler Juice Banana	24 Slow Roasted Beef Au Gratin Potatoes Carrots & Chives Multi - Grain Dinner Roll Mixed Fruit	25 Asian Glazed Chicken Citrus Brown Rice Broccoli Multi Grain Bread Mandarin Orange Jell-O Fortune Cookie	26 Turkey Pasta Salad W/ Shell Rigate Lettuce/ Tomatoes Tri-Bean Salad Whole Wheat Bread Pineapple Bits
29 Prime Rib of Pork Baked Potato Parslied Cauliflower Rye Bread Mixed Fruit	30 Italian Sausage /Marinara Scalloped Potatoes Brussels Sprouts Wheat Sausage Bun Fresh Melon	<p>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!</p> <p>Do not leave it sitting out. Please be safe. Each meal served with fat-free or skim milk.</p>		



**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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