

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



May 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
<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>		<p>1 Bbq Pulled Chicken Cheesy Mashed Potatoes Broccoli Wheat Bun Chilled Pears</p>	<p>2 Dilled Tuna Salad Lettuce & Tomato Garbanzo & Kidney Bean W/Carrots Balsamic Wheat Kaiser Fruit Cup</p>	<p>3 Chicken Marbella Rice Florentine Country Blend Veggies Whole Wheat Bread Whole Orange</p>
<p>6 Kielbasa Dilled Potatoes Bean Casserole Rye Bread Fruit Cup</p>	<p>7 Chicken W/ Garden Rotini Pasta Salad Mixed Salad Greens Herbed Tomato Wedges Multi-Grain Bread Pineapple Tid-Bits</p>	<p>8 Eggs Lorraine Potatoes O'Brien Fruit Cup Blueberry Muffin Whole Orange</p>	<p>9 Baked Meatloaf W/ Country Gravy Mashed Potatoes Carrots & Chives Whole Wheat Bread Chilled Peaches</p>	<p>10 Potato Crusted Fish Filet Au Gratin Potatoes Peas Whole Wheat Bread Applesauce</p>
<p>13 Meatball/ Marinara Sub Sandwich Potatoes Italiano Italian Greens Beans Wheat French Roll Whole Orange</p>	<p>14 Salisbury Steak Mashed Potatoes /Gravy Cabbage & Carrots Multi-Grain Bread Mixed Fruit Oatmeal Raisin Cookie</p>	<p>15 Roasted Turkey Breast / Wisconsin Cheddar Wheat Kaiser Lettuce & Tomato Pea Salad Pineapple Tid-Bits</p>	<p>16 Lemon Basil Chicken Garden Vegetables Corn & Black Beans Multi-Grain Dinner Roll Applesauce</p>	<p>17 Veal Parmesan Penne Pasta W/Marinara Sauce Broccoli Wheat Vienna Bread Fresh Melon</p>
<p>20 Chicken Ala Orange Vegetable Rice Pilaf Northern Beans Bran Muffin Bread Chilled Peaches</p>	<p>21 French Dip Beef W/ Mushrooms & Onions Oven Fries Corn Wheat French Roll Whole Apple</p>	<p>22 Classic Lasagna W/ Meat Sauce Squash Medley Italian Green Beans Whole Wheat Bread Chilled Pears</p>	<p>23 Surimi Crab Salad Mixed Greens W/ Tomato Wedges Dilled Cucumbers Apple Cinnamon Muffin Fruit Cup</p>	<p>24 Hot Dog Twice Baked Potato Cas- serole Peas & Carrots Wheat Hot Dog Bun Banana</p>
<p>27  Memorial Day</p>	<p>28 Hamburger Bean Casserole Mixed Vegetables Wheat Bun Fruit Sunburst</p>	<p>29 BLT Chicken Salad Mixed Salad Greens W/ Tomato Wedges Tri-Bean Salad Corn Bread Mandarin Oranges</p>	<p>30 Spaghetti & Meatballs / Marinara Sauce Capri Blend Vegetables Wheat Bread Chilled Pears</p>	<p>31 Herbed Baked Chicken Mashed Potatoes / Gravy Green Bean Casserole Bran Muffin Bread Whole Apple</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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