



These menus are approved for use by title IIC Nutrition Programs. K. Leicht, RD LDN MBA

815-941-1590

COMMUNITY NUTRITION NETWORK

Monday		Tuesday		Wednesday		Thursday		FRIDAY		
SARATOGA TOWERS	1		2	SARATOGA TOWERS	3		4	SARATOGA TOWER	5	
Office open 8AM-11AM to register for or reload Senior Dine Cards or acquire "Great Plates" Coupons				Independence Day Party Hot Dog in Bun, Classic Plain Chips, Corn, Tossed Salad, Fruit, Dessert, Milk Lunch 11:00 Bingo to Follow Catered by Upper Crust Suggested Donation \$7.00		Closed For the July 4th Holiday		Pot Luck, will include Entrée, Pasta or potatoes, Veggies, Fruit, Dessert, Milk Lunch 11:00 Suggested Donation \$4.00		
COAL CITY	8	SARATOGA TOWERS	9	SARATOGA TOWER	10		11	SARATOGA TOWER	12	
Roast Pork & Stuffing, Mashed Potatoes & Gravy, Broccoli, Tossed Salad, Fruit, Dessert, Milk Catered by Train Stop Inc. Lunch 12:00 Bingo to Follow Suggested Donation \$7.00		Office open 8AM-11AM to register for or reload Senior Dine Cards or acquire "Great Plates" Coupons		Chicken Fajitas w/ Onion & Peppers, Flour Tortillas, Spanish Rice & Beans Tossed Salad, Fruit, Dessert, Milk Lunch 11:00 Bingo to Follow Catered by Upper Crust Suggested Donation \$7.00				Stuffed Pepper or Cabbage Roll, Mashed Potatoes W/Gravy, Tossed Salad, Rolls & Butter, Fruit, Dessert, Milk Lunch 11:00 Suggested Donation \$4.00		
	15	MAZON	16	SARATOGA TOWER	17		Coal City	18	SARATOGA TOWER	19
		Meat Loaf, Mashed Potatoes & Gravy, Tossed Salad, Green Beans, Peaches, Rolls & Butter, Fruit, Dessert, Milk Catered by Upper Crust Euchre at 10:30 Lunch 12:00 Bingo to Follow Suggested Donation \$7.00		BBQ Breast of Chicken on Bun W/cheese and Bacon, Tossed Salad, Roasted Potatoes, Pears, Dessert, Milk Lunch 11:00 Bingo to Follow Catered by Upper Crust Suggested Donation \$7.00		Chicken Parmesan w/Spaghetti Marinara, Garlic Bread, Green Beans, Tossed Salad, Dessert, Milk Catered by Train Stop Inc. Bingo at 10:30AM Lunch 12:00 Suggested Donation \$7.00		Pork Chop Suey w/Rice, Oriental Vegetables, Tossed Salad, Dinner Rolls & Butter, Fruit, Dessert, Milk Lunch 11:00 Suggested Donation \$4.00		
MINOOKA	22		23	SARATOGA TOWER	24		25	SARATOGA TOWER	26	
Chicken a La King, Biscuit, Mixed Vegetables, Tossed Salad, Fruit, Dessert, Milk Catered by Upper Crust Lunch 12:00 Bingo to Follow Suggested Donation \$7.00				Beef Burgers w/onion, lettuce, tomato & Cheese on bun, Lyonnais Potatoes, Corn, Tossed Salad, Fruit, Dessert, Milk Lunch 11:00 Bingo to Follow Catered by Upper Crust Suggested Donation \$7.00				Monthly Birthday Party Beef Stroganoff on Buttered Noodles, Tossed Salad, Mixed Vegetables, Rolls & Butter, Fruit, Dessert, Milk Lunch 11:00 Suggested Donation \$4.00		
	29		30	SARATOGA TOWER	31					
		Funding in part is provided by Northeastern Illinois Area on Aging and United Way of Grundy County		Herb Roasted Chicken, Mashed Potatoes W/Gravy, Tossed Salad, Peas & Carrots, Rolls & Butter, Fruit, Dessert, Milk Lunch 11:00 Bingo to Follow Catered by Upper Crust Suggested Donation \$7.00		Community Nutrition Network, Inc. does not discriminate in admission to programs or treatment of the employment in the programs or activities in the compliance with the Illinois Human Rights Act; the U.S. Civil Rights Act; Section 504 of the Rehabilitation Act; the Age Discrimination in Employment Act; and the U.S. and Illinois Constitutions. If you feel you have been discriminated against, you have the right to file a complaint with the Illinois Department of Aging. For information, call 1-800-252-8966 [voice & TDD] or contact the Director of Personnel at [312] 207-5444.				

Saratoga Towers Café serves meals daily at 11:30, open to public 60+ For your safety if you cannot eat all of your meal Refrigerate it right away!! Be safe! Please call 815-941-1590 to make or change a reservation. When you leave a message be assured we will follow through. Menu Subject to change due to availability of items. Thank You