

**CNN Saratoga Towers
Meal Program
1700 Newton Place
Morris, IL 60450
Phone: (815)941-1590**



Community Nutrition Network & Senior Services Association

September 2024

Patty Strahan Nutrition Director

This menu is approved for use by Georgis title III C
Nutrition Sites. K. Leicht, RD LDN MBA



Funding in part is provided by
**Age Guide and United Way of
Grundy County**



**If you have any questions or problems
please call our office at 1-815-941-1590.**

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| <p>2.</p> <p style="text-align: center;">Office Closed</p> | <p>3. ITALIAN SAUSAGE/ MARINARA SCALLOPED POTATOES BRUSSELS SPROUTS HEAT SAUSAGE BUN FRESH MELON Milk or juice</p> | <p>4.Grilled Pork Chop, AuGratin Potatoes, Tossed Salad, Baked Beans, Rolls & Butter, Applesauce, Dessert, Milk</p> <p>Lunch 11:00 Bingo to Follow Catered by Upper Crust Suggested Donation \$7.00</p> | <p>5. CHICKEN & MINI DUMPLINGS GARDEN VEGETABLES CORN & BLACK BEAN SALAD MULTI - GRAIN DINNER ROLL HOT GLAZED APPLES Milk or juice</p> | <p>6. Meat Loaf, Mashed Potatoes & Gravy, Tossed Salad, Green Beans, Rolls & Butter, Fruit, Dessert, Milk</p> <p>Lunch 11:00 Suggested Donation \$4.00</p> |
| <p>9.KIELBASA DILLED BABY RED POTATOES BEAN CASSEROLE RYE BREAD FRUIT CUP Milk or juice</p> | <p>10. CHICKEN W/ GARDEN ROTINI PASTA SALAD MIXED SALAD GREENS HERBED TOMATO WEDGES MULTI-GRAIN BREAD PINEAPPLE TID BITS Milk or juice</p> | <p>11. Italian Sausage w/Peppers & Onions on a Bun, Linguini w/cheese and Marinara, Tossed Salad, Green Beans, Peaches, Dessert, Milk Lunch 11:00 Bingo to Follow Catered by Upper Crust Suggested Donation \$7.00</p> | <p>12. BAKED MEATLOAF W/ COUNTRY GRAVY MASHED POTATOES CARROTS & CHIVES WHOLE WHEAT BREAD CHILLED PEACHES Milk or juice</p> | <p>13. BBQ Chicken Breast on Bun, Baked Beans, Potatoes, Cole Slaw, Fruit, Dessert, Milk Lunch 11:00 Suggested Donation \$4.00</p> |
| <p>16. MEATBALL MARINARA SUB SANDWICH POTATOES ITALIANO GREEN BEANS MULTI GRAIN BREAD Fruit, Milk or juice</p> | <p>17. SALISBURY STEAK/GRAVY MASHED POTATOES CABBAGE & CARROTS MULTI-GRAIN BREAD Fruit, Milk or juice</p> | <p>18. Chicken Pot Pie Tossed Salad, Pea Salad, Fruit, Dessert, Milk Lunch 11:00 Bingo to Follow Catered by Upper Crust Suggested Donation \$7.00</p> | <p>19. CHICKEN & MINI DUMPLINGS GARDEN VEGETABLES CORN & BLACK BEAN SALAD MULTI - GRAIN DINNER ROLL HOT GLAZED APPLES Milk or juice</p> | <p>20. Last Fling of Summer Party Walking Taco w/ cheese, lettuce, tomato, onion, Loaded Tator Tots, Salad in a cup, Street Corn , Baked Beans, Fruit, Dessert, Milk Lunch 11:00 Suggested Donation \$4.00</p> |
| <p>23. CHICKEN ALA ORANGE VEGETABLE RICE PILAF BEAN SALAD WHEAT CRANBERRY BREAD HOT PEACH CRUMBLE Milk or juice</p> | <p>24. FRENCH DIP OF BEEF W/ MUSHROOMS & ONIONS OVEN FRIES & CORN WHEAT FRENCH ROLL FRESH MELON Milk or juice</p> | <p>25. Stuffed Peppers, Mashed Potatoes W/Gravy, Tossed Salad, Rolls & Butter, Pears, Dessert, Milk Lunch 11:00 Bingo to Follow Catered by Upper Crust Suggested Donation \$7.00</p> | <p>26. SURIMI CRAB SALAD TOMATO WEDGES DILLED CUCUMBERS WHOLE WHEAT BREAD APPLE CRISP Milk or juice</p> | <p>27. Monthly Birthday Party Chicken Enchilada Bake, Black Beans, Spanish Rice, Tossed Salad, Fruit, Dessert, Milk Lunch 11:00 Suggested Donation \$4.00</p> |
| <p>30.ROAST PORK & GRAVY AU GRATIN POTATOES PEAS & CARROTS WHEAT BREAD WHOLE APPLE Milk or juice</p> | <p>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.</p> | <p>All meals are \$3.75 unless otherwise marked.</p> | | |

Menu subject to change due to availability of items. For your safety, if you cannot eat all of your meal or if you are not ready to eat your meal when it is delivered: REFRIGERATE IT RIGHT AWAY!! Do not leave it sitting out!!! Remove meal from the freezer and follow the cooking instructions provided. If it has been refrigerated, it will not take as long. This menu is subject to change.

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