

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



November 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 Surimi Crab Alfredo Penne Pasta Zucchini /Red Pepper & Onions Chef's Veggie Whole Wheat Roll Fruit Cup</p>
<p>4 Baked Meatloaf w/ Gravy Cauliflower Mashed Potatoes Mixed Vegetables Whole Wheat Roll Pineapple Tid-Bits</p>	<p>5 Bbq Pulled Pork Oven Fries Carrot Raisin Salad Wheat Sandwich Bun Warm Apple Crumble Chef's Choice</p>	<p>6 Miso Glazed Chicken Thighs Scalloped Potatoes Baked Bean Casserole Wheat Bread Fruit Jello</p>	<p>7 Cheese Omelette Hash Browned Potatoes Whole Wheat Biscuit Apple Juice Fruit Yogurt Fresh Orange</p>	<p>8 Swedish Meatballs /Gravy Mashed Potatoes Broccoli Multi Grain Bread Fresh Melon</p>
<p>11 CLOSED VETERANS DAY</p>	<p>12 Cheddar broccoli chicken rice casserole Cauliflower Warm pear & cranberry crum- ble Pea salad</p>	<p>13 Salisbury steak/gravy Mashed potatoes Corn Dinner roll Pineapple Tidbits</p>	<p>14 Hot Dog Over Fries Bean Casserole Wheat hotdog bun Banana Fresh melon</p>	<p>15 Classic lasagna w/meat sauce Broccoli Chef's Vegetable Wheat bread Oatmeal raisin cookie</p>
<p>18 Roasted Turkey & Gravy Baked Sweet Potatoes Mixed Vegetables Bread Stuffing Chef's Fruit</p>	<p>19 Spaghetti & meatball marinara Mixed salad greens Multi grain bread Warm peach cobbler Fruit cup</p>	<p>20 Hamburger German potato salad Green beans Wheat sandwich bun Apple sauce</p>	<p>21 Chicken Vesuvio Mashed potatoes Cauliflower & red pepper Wheat bread Mandarin oranges Chef's choice veggie</p>	<p>22 Citrus Alaskan Pollock Vegetable rice pilaf Country blend vegetable Multi grain dinner roll Chick pea salad Fresh melon</p>
<p>25 Roast Turkey & Gravy Baked Sweet Potatoes Green Bean Casserole Bread Stuffing Dessert</p>	<p>26 Bbq Riblet Oven fries Black beans & Corn Wheat sandwich bun Whole apple</p>	<p>27 Hot Roast Beef Mashed Potatoes /Gravy Peas & Carrots Wheat Bread Fresh Orange</p>	<p>28 CLOSED HAPPY HOLIDAYS!</p>	<p>29 CLOSED HAPPY HOLIDAYS!</p>

Menu subject to change due to availability of items. Funding in in part is provided by AgeGuide

Suggested Lunch Donation: \$5.00

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