



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

815-941-1590

COMMUNITY NUTRITION NETWORK

Monday		Tuesday		Wednesday		Thursday		FRIDAY	
SARATOGA TOWERS		SARATOGA TOWERS		SARATOGA TOWERS		SARATOGA TOWER		SARATOGA TOWER	
		1		2		3		4	
<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>Lasagna, Caesar Salad w/CROUTONS, Green Beans, Garlic Bread, Fruit, Dessert, Milk</p> <p>Lunch 11:00 Bingo to Follow Catered by Upper Crust Suggested Donation \$7.00</p>				<p>Loaded Baked Potato Bar w/cheese, Broccoli, Sour Cream, Crumbled Bacon, and Green Onion, Rolls & Butter, Baked Beans, Tossed Salad, Fruit, Dessert, Milk</p> <p>Lunch 11:00 Suggested Donation \$4.00</p>	
SARATOGA TOWERS		SARATOGA TOWERS		SARATOGA TOWER		SARATOGA TOWER		SARATOGA TOWER	
	7		8		9		10		11
<p>Office open 8AM-11AM to register for or reload Senior Dine Cards or acquire "Great Plates" Coupons</p>		<p>Office open 8AM-11AM to register for or reload Senior Dine Cards or acquire "Great Plates" Coupons</p>		<p>Beef Stroganoff on Buttered Noodles, Tossed Salad, Mixed Vegetables, Rolls & Butter, Fruit, Dessert, Milk</p> <p>Lunch 11:00 Bingo to Follow Catered by Upper Crust Suggested Donation \$7.00</p>				<p>Ham & Potato Soup w/mixed vegetables, Tossed Salad, Rolls & Butter, Fruit, Milk, Dessert</p> <p>Lunch 11:00 Suggested Donation \$4.00</p>	
Coal City		MAZON		SARATOGA TOWER		SARATOGA TOWER		SARATOGA TOWER	
	14		15		16		17		18
<p>Office is Closed for the Indigenous Peoples Day Holiday</p>		<p>Yankee Pot Roast w/Carrots & Potatoes, Tossed Salad, Biscuits & Butter, Fruit, Dessert, Milk Catered by Upper Crust. Euchre at 10:30 Lunch 12:00 Bingo to Follow Suggested Donation \$7.00</p>		<p>Cabbage Rolls, Mashed Potatoes, Tossed Salad, Rolls & Butter, Fruit, Dessert, Milk</p> <p>Lunch 11:00 Bingo to Follow Catered by Upper Crust Suggested Donation \$7.00</p>				<p>Chicken French Onion Casserole w/ Broccoli & Cheese, Tossed Salad, Rolls & Butter, Fruit Cup, Dessert, Milk</p> <p>Lunch 11:00 Suggested Donation \$4.00</p>	
				SARATOGA TOWER		Coal City		SARATOGA TOWER	
	21		22		23		24		25
				<p>Chopped Steak w/grilled Onions, Mashed Mashed Potatoes w/gravy Broccoli, Tossed Salad, Fruit, Rolls & Butter, Dessert, Milk</p> <p>Lunch 11:00 Bingo to Follow Catered by Upper Crust Suggested Donation \$7.00</p>		<p>Oven Baked Fried Chicken Mashed Potatoes w/Gravy, Rolls & Butter, Corn, Fruit, Dessert, Milk</p> <p>Catered by Upper Crust. Bingo at 10:30AM Lunch 12:00 Suggested Donation \$7.00</p>		<p>Monthly Birthday Party New Jersey Sloppy Joe Sliders w/Turkey Ham, Cole Slaw and Russian Dressing, Crunchy Corn Salad, Baked Beans, Fruit, Dessert, Milk</p> <p>Lunch 11:00 Suggested Donation \$4.00</p>	
MINOOKA				SARATOGA TOWER					
	28		29		30		31		
<p>Breaded Pork Tenderloin, Mashed Potatoes w/Gravy, Mixed Vegetables, Rolls & Butter, Fruit, Dessert, Milk</p> <p>Catered by Upper Crust Lunch 12:00 Bingo to Follow Suggested Donation \$7.00</p>				<p>Halloween Party Pulled Pork on Bun, Roasted Potatoes, Tossed Salad, Baked Beans, Fruit, Dessert, Milk</p> <p>Lunch 11:00 Bingo to Follow Catered by Upper Crust Suggested Donation \$7.00</p>				<p>Funding in part is provided by Northeastern Illinois Area on Aging and United Way of Grundy County</p>	

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