




January 2025

Community Nutrition Network & Senior Services Association



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</p> <p style="text-align: center;">CLOSED HAPPY HOLIDAYS!</p>	<p>2</p> <p>Chicken Vesuvio Mashed potatoes Cauliflower & red pepper Wheat bread Mandarin oranges Chef's choice veggie</p>	<p>3</p> <p>Citrus Alaskan Pollock Vegetable rice pilaf Country blend vegetable Multi grain dinner roll Chick pea salad Fresh melon</p>
<p>6</p> <p>Hot Roast Beef Mashed Potatoes /Gravy Peas & Carrots Wheat Bread Fresh Orange</p>	<p>7</p> <p>Bbq Riblet Oven fries Black beans & Corn Wheat sandwich bun Whole apple Chef's Choice Veggie</p>	<p>8</p> <p>Roast turkey/ cheddar ale sauce Vegetable rice pilaf Broccoli Biscuit Chef's fruit Oatmeal raisin cookie</p>	<p>9</p> <p>Western Eggs Hash browned potatoes Maple glazed pears Raisin bread Cranberry juice Banana</p>	<p>10</p> <p>Chicken breast parmesan Penne pasta Squash medley Wheat Vienna Chilled peaches</p>
<p>13</p> <p>Bavarian Bratwurst Diced Parslied Carrots Rye Bread Fresh Melon</p>	<p>14</p> <p>Chicken chardonnay Mashed potatoes Broccoli Multi Grain Bread Fresh Orange Chocolate Pudding</p>	<p>15</p> <p>Texas Chili Mac & Cheese Country Blend Veggie Multi Grain Bread Fruit Cup</p>	<p>16</p> <p>Veal Marsala Scalloped Potatoes Stewed Tomatoes Multi Grain Bread Chilled Pears Beet Salad</p>	<p>17</p> <p>Baked Pollock Piccata Baked Potato California Blend Wheat Bread Lemon Mandarin Pudding</p>
<p>20</p> <p style="text-align: center;">  Martin Luther King Jr. Day <small>I HAVE A DREAM</small> </p>	<p>21</p> <p>Turkey Pot Roast/ Gravy Baked Potato Peas & Carrots Multi Grain Bread Chef's Fruit Banana</p>	<p>22</p> <p>Spaghetti & Meatball Marinara Broccoli Wheat Vienna Chilled Peaches</p>	<p>23</p> <p>Chicken Tenders /country gravy Bread stuffing Sweet potato mashed Bean & Tomato Medley Apple Pea Salad</p>	<p>24</p> <p>Surimi Crab Alfredo Penne Pasta Zucchini /Red Pepper & Onions Chef's Veggie Whole Wheat Roll Fruit Cup</p>
<p>27</p> <p>Baked Meatloaf w/ Gravy Cauliflower Mashed Potatoes Mixed Vegetables Whole Wheat Roll Pineapple Tid-Bits</p>	<p>28</p> <p>Bbq Pulled Pork Oven Fries Carrot Raisin Salad Wheat Sandwich Bun Warm Apple Crumble Chef's Choice</p>	<p>29</p> <p>Miso Glazed Chicken Thighs Scalloped Potatoes Baked Bean Casserole Wheat Bread Fruit Jello</p>	<p>30</p> <p>Cheese Omelette Hash Browned Potatoes Whole Wheat Biscuit Apple Juice Fruit Yogurt Fresh Orange</p>	<p>31</p> <p>Swedish Meatballs /Gravy Mashed Potatoes Broccoli Multi Grain Bread Fresh Melon</p>

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

Suggested Lunch Donation: \$5.00

Funds, in whole or in part, for this publication were provided through Age Guide of Northeastern Illinois under Title III or the Older Americans act as administered through the Illinois Department on Aging and the Federal Administration on Aging.

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