CNN Home Delivered Meal Program
1700 Newton Place
Morris, IL 60450

Patty Strahan Nutrition Director

Meals on Wheels FOR NORTHERN ILLINOIS
COMMUNITY & NUTRITION SERVICES FOR SENIORS

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.

September 2026

Monday	Tuesday	Wednesday	Thursday	Friday
			1. SPAGHETTI & MEATBALL MARINARA CAPRI BLEND VEGETABLES WHOLE WHEAT VIENNA BREAD CHILLED PEARS Milk or juice	2. BAKED POLLOCK BELLA VISTA RED SKINNED POTATOES CALIFORNIA BLEND MULTIGRAIN BREAD WHOLE APPLE Milk or juice
5.ROAST PORK & GRAVY AU GRATIN POTATOES PEAS & CARROTS MULTIGRAIN BREAD WHOLE APPLE Milk or juice	6. CHICKEN AND KALE SOUP BAKED SWEET POTATOES ITALIAN GREEN BEANS MULTIGRAIN CRANBERRY ROLL CHILLED PEACHES Milk or juice	7. SALISBURY STEAK/GRAVY MASHED POTATOES SWEET CORN WHOLE WHEAT DINNER ROLL PINEAPPLE TIDBITS Milk or juice	8. HOT DOG OVEN FRIES BEAN CASSEROLE WHEAT HOT DOG BUN BANANA Milk or juice	9. CLASSIC LASAGNA W/ MEAT SAUCE, BROCCOLI CHEF'S CHOICE VEGETABLE MULTIGRAIN BREAD CHOCOLATE PUDDING Milk or juice
12. **Office is Closed Today For the Holiday**	13. SPAGHETTI & MEATBALL MARINARA MIXED SALAD GREENS MULTI GRAIN BREAD WARM PEACH COBBLER Milk or juice	14.HAMBURGER GERMAN POTATO SALAD GREEN BEANS WHEAT SANDWICH BUN APPLE SAUCE Milk or juice	15. BAKED CHICKEN VESUVIO MASHED POTATOES CAULIFLOWER & RED PEPPERS MULTIGRAIN BREAD MANDARIN ORANGES Milk or Juice	16.CITRUS ALASKAN POLLOCK VEGETABLE RICE PILAF COUNTRY BLEND VEGETABLE WHOLE WHEAT ROLL GARBONZO BEAN SALAD FRESH MELON Milk or juice
19.CHEDDAR BROCCOLI CHICKEN RICE CASSEROLE CAULIFLOWER MULTIGRAIN BREAD WARM PEAR AND CRANBERRY CRUMBLE Milk or juice	20. BBQ RIBLET OVEN FRIES BROCCOLI WHEAT SANDWICH BUN WHOLE APPLE Milk or juice	21. CHICKEN TORTILLA SOUP SPANISH BROWN RICE BLACK BEANS AND CORN TORTILLA CHIPS CHEF'S FRUIT OATMEAL RAISIN COOKIE Milk or juice	22. BREAKFAST WESTERN EGGS HASH BROWNED POTATOES MAPLE GLAZED PEARS RAISIN BREAD BANANA Milk or juice	23. **Office is Closed Today For All Day Training**
26. BAVARIAN STYLE BRATWURST SAUERKRAUT DICED PARSLIED POTATOES CARROTS RYE BREAD FRESH MELON Milk or juice	27. CHICKEN CHARDONNAY MASHED POTATOES BROCCOLI MULTI GRAIN BREAD FRESH ORANGE Milk or juice	28. TEXAS CHILI MAC & CHEESE COUNTRY BLEND VEGETABLE CORN BREAD FRUIT CUP Milk or juice	29. VEAL MARSALA SCALLOPED POTATOES STEWED TOMATOES MULTI GRAIN BREAD CHILLED PEARS Milk or juice	30. BAKED POLLOCK W/LEMON DILL HOLLANDAISE SAUCE BAKED POTATO CALIFORNIA BLEND VEGETABLES MULTIGRAIN BREAD LEMON MANDARIN PUDDING Milk or juice

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: RE-FRIGERATE 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.

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.

Please Note:
We are not able to leave food in coolers or on your porch. You must be home to receive it. If you are not going to be home please let us know.

Delivery Days: Mondays-Fridays
Times: 10:00am-1:00 pm
Phone: (815)941-1590

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

Meal Heating Instructions

Conventional Oven:

From frozen, heat in a pre-heated 350 Degree oven for 20-30 minutes or until heated through.

Microwave Oven:

Take meal and heat 3-7 minutes depending on your microwave. No need to poke a hole.

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