CNN Satellite Sites
Meal Program
1700 Newton Place
Morris, IL 60450

Patty Strahan Nutrition Director

October 2026

Days: Mondays-Fridays
Times: 8:00am-2:00 pm
Phone: (815)941-1590

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

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

AgeGuide NORTHEASTERN ILLINOIS

United Way

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
			1.	2.
5. Office open 8AM-11AM to register for or reload Senior Dine Cards $7 Suggested Donation per meal	6.	7.	8. **Morris YMCA Fall Into the Holidays Luncheon to be determined. Look for information to come soon!**	9.
12. **Office Closed for the Holiday**	13. Office open 8AM-11AM to register for or reload Senior Dine Cards $7 Suggested Donation per meal	14. **Saratoga Towers Café—1700 Newton Drive Morris. For information call 815-941-1590 Lunch and activities Mon-Fri Meal served at 11AM See the Saratoga Towers Menu for a full list of meals. Public welcome! Please join us!**	15.	16.
19. **Coal City** Corned Beef Sandwich, Lettuce and Tomato, Garbanzo Bean Salad Marble Rye Bread Chef Choice Fruit Mustard Packet, Milk or juice Catered by Hoffman House Bingo at 10:30 Lunch 12:00 Suggested Donation $5.00	20. **Mazon** BBQ Pork Chop w/ Peach BBQ Sauce, Corn Muffin Broccoli Cheddar Soup Tossed Garden Salad Cottage Cheese Deli Whole Apple, Potato Salad Milk or juice Catered by Hoffman House Lunch 12:00 Bingo to Follow Suggested Donation $5.00	21. **Coal City Lions Club Café—460 S Illinois St Coal City. For Information call 815-941-1590 Lunch and activities on the 2nd Monday every month. See calendar day for menu. Public welcome! Please join us! Please Note we are only in Coal City one time a month now.** **Mazon American Legion —508 Depot St Mazon. For Information call 815-941-1590 Lunch and activities on the 3rd Tuesday every month. See calendar day for menu. Public welcome! Please join us!**	22.	23.
26. **Minooka** Stuffed Green Pepper, Marinara Sauce, Whole Wheat Roll Bean Soup, Tossed Garden Salad Cottage Cheese Deli, Chocolate Pudding, Whole Orange Milk or juice Catered by Hoffman House Lunch 12:00 Bingo to Follow Suggested Donation $5.00	27.	28. **Minooka Village Hall —121 McEvilley Rd Minooka. For Information call 815-941-1590 Lunch and activities on the 4th Monday every month. See calendar day for menu. Public welcome! Please join us!**	29.	30.

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.

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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.

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!!! Please be safe!!!