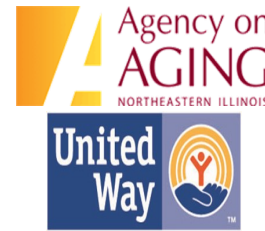


CNN Saratoga Tower Meal Program
1700 Newton Place
Morris, IL 60450

Days: Mondays-Fridays
Times: 8:00am-3:30 pm
Phone: (815)941-1590



Community Nutrition Network
& Senior Services Association



February 2019

Patty Strahan
Nutrition Director

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

Menu subject to change due to availability of items.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>4. 3 oz turkey pot pie, 1/2 c mashed potato, 1/2 c mixed vegetables, muffin, banana</p>	<p>5. 3 oz vesuvio meatball, 1/2 c vesuvio potato, 1/2 c carrots, 1/2 c sliced apples, multi grain bread and margarine,</p>	<p>6. Chicken & Dumplings, Tossed Salad, Corn, Rolls & Butter, Fruit, Carrot Cake, Milk Catered by Upper Crust Lunch 11:30 Bingo 12:30 Suggested Donation \$6.00</p>	<p>7. 3 oz German Style pork roast with german mushroom gravy, 1/2 c potato pancake, 1/2 c dilled carrots, 1/2 c tropical fruit salad, biscuit and butter</p>	<p>1. Soup, Grilled Cheese Tossed Salad w/tomato, peas, cheese & onion, Fruit, Dessert, Milk LUNCH 11:30 Bingo 12:30 Suggested Donation \$4.00</p> <p>8. Philly Cheese Steak Sloppy Joes, Potato Salad, Three Bean Salad, Fruit, Dessert, Milk LUNCH 11:30 Bingo 12:30 Suggested Donation \$4.00</p>
<p>11. 3 oz Maxwell Street Smoked polish sausage w/sautéed onions on wheat bun with mustard pack- et, 1/2 c potato salad, 1/2 c baked beans, 1/2 c pineapple</p>	<p>12. 3oz chicken italiano w/red sauce, 1/2 c pasta, wheat roll and margarine, 1 c green beans, whole pear</p>	<p>13. Cabbage Rolls, Stewed Tomatoes & Rice, Salad, Corn Bread, Fruit, Dessert, Milk Catered by R Place Lunch 11:30 Bingo 12:30 Suggested Donation \$6.00</p>	<p>14. 3 oz luau pork, 1/2 c island rice, 1/2 c peas & carrots, 1/2 c royal bean salad, 1/2 c apple sauce, 1.25 oz Hawaiian roll/ margarine</p>	<p>15. French Toast Bake, Bacon, Peaches, Dessert, Milk LUNCH 11:30 Bingo 12:30 Suggested Donation \$4.00</p>
<p>18. 3 oz southern chicken w/ country gravy, 1/2 c mashed potato & gravy, 1/2 c corn beans, med orange, biscuit w/ margarine, oatmeal bar</p>	<p>19. 3 oz turkey pot roast, 1/2 c stew vegetables, 1/2 c mashed potato, 1/2 c royal bean salad, 1.75 oz sour dough roll w/ margarine, 1/2 c pears</p>	<p>20. Beef & Noodles, w/Gravy, Mixed Vegetables, Jello w/Fruit, Tossed Salad, Yellow Cake w/choc frosting, Milk Catered by weits Café Lunch 11:30 Bingo 12:30 Suggested Donation \$6.00</p>	<p>21. 3 oz chicken divan, 1/2 c rice, 1/2 c green beans, 1/2 c juice, 1/2 c pineapple, wheat roll w/margarine</p>	<p>22. Tuna or Chicken Salad on Bun, Macaroni Salad, Fruit, Milk, Dessert LUNCH 11:30 Bingo 12:30 Suggested Donation \$4.00</p>
<p>25. 3 oz prime rib w/au jus, 1/2 c au gratin potato, 1/2 c carrots, 2 oz multi grain roll w/butter, 1/2 tropical fruit salad</p>	<p>26. 3 oz meatballs w vodka sauce, , 1/2 c pasta, 1/2 c peas & carrots, 1 oz fruit juice, whole grain bread / marg, med apple</p>	<p>27. Spaghetti & Meatballs, Caesar Salad, Green Beans, Garlic Bread, Pears, Dessert, Milk Catered by Upper Crust Lunch 11:30 Bingo 12:30 Suggested Donation \$6.00</p>	<p>28. 3 oz chicken & sausage casse- role, 1/2 c rice, 1/2 c peas & car- rots, 1/2 c Cajun coleslaw, wheat bread/margarine</p>	

Menu subject to change due to availability of items. Funding in part is provided by Northeastern Illinois Area on Aging and United Way of Grundy County. Each meal is served with low-fat milk. 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!!!