

**CNN Saratoga Towers
Meal Program
1700 Newton Place
Morris, IL 60450**

June 2019

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



**Community Nutrition Network
& Senior Services Association**



Funding in part is provided by North-eastern Illinois Area on Aging and United Way of Grundy County

Patty Strahan Nutrition Director

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3. 3 oz chicken in pesto cream sauce, 1/2 c pasta, 1/2 c peas & carrots, 1/2 c royal bean salad, wheat roll w/margarine, 1/2 c peaches</p>	<p>4. 3 oz vesuvio pork chop, 1/2 c vesuvio potato, 1/2 c Italian Green Beans, 1/2 c grapes, 1 oz wheat roll margarine, graham cracker</p>	<p>5. Pork Chop Suey w/Rice, Oriental Vegetables, Dinner Rolls & Butter, Pears, Dessert, Milk Catered by Upper Crust Lunch 11:30 Bingo 12:30 Suggested Donation \$6.00</p>	<p>6. 1/2 c spaghetti with 3 oz meat-balls and marinara sauce, 1/2 c green beans, 2 oz French bread/margarine, fruit salad</p>	<p>3. Philly Cheese Steak Sloppy Joes, Potato Salad, Kidney Bean Salad, Fruit, Dessert, Milk LUNCH 11:30 Bingo 12:30 Suggested Donation \$4.00</p>
<p>10. 3 oz breaded steak w/country gravy, 1/2 c mashed potato, 1/2 c carrots, 1/2 c fruit cocktail, biscuit w/margarine</p>	<p>11. 3oz sloppy joes w/wheat bun, 1/2 c corn, 1/2 c black beans onion salad, 1/2 c cinnamon apples</p>	<p>12. Chicken Pot Pie Tossed Salad, Pea Salad, Fruit, Dessert, Milk Catered by R Place Lunch 11:30 Bingo 12:30 Suggested Donation \$6.00</p>	<p>13. 3 oz smoked ham/orange ginger glaze, 1/2 c mashed potatoes, 1/2 c Peas & carrots, biscuit w/margarine, 1/2 c pineapple</p>	<p>10. Father's Day Luau Pulled BBQ Chicken, Country Green Beans, Potato/Mac Salad, Hawaiian Cole Slaw, Fruit, Milk, Dessert LUNCH 11:30 Bingo 12:30 Suggested Donation \$4.00</p>
<p>17. 3 oz chicken piccata, 1/2 c green beans, 1/2 c pasta, roll and margarine, 1/2 c applesauce, 1/2 c fruit juice</p>	<p>18. 3 oz BBQ Beef, 1/2 c sweet potato cubes, 1/2 c baked beans, bun w/butter, 1/2 c tropical fruit</p>	<p>19. Pulled Pork Sandwich Potato Salad, Tossed Salad, Baked Beans, Fruit, Dessert, Milk Catered by Upper Crust Lunch 11:30 Bingo 12:30 Suggested Donation \$6.00</p>	<p>20. 3 oz prime rib w/au jus, 1/2 c au gratin potato, 1/2 c carrots, 1.5 oz multi grain roll w/butter, 1/2 fruit salad</p>	<p>17. Breakfast Casserole w/egg, meat, Cheese & potatoes, Fruit Cup, Sweet Breads, Dessert, Milk LUNCH 11:30 Bingo 12:30 Suggested Donation \$4.00</p>
<p>24. 3 oz chicken marsala, 1/2 c rice, 1/2 c mixed vegetables, 1/2 c vegetable salad, whole wheat roll / margarine, 1/2 c peaches</p>	<p>25. 3 oz Char grilled turkey burger/ wheat bun, ketchup & Mustard packet, 1/2 c potato wedges, 1/2 c corn, 1/2 c macaroni salad, med orange</p>	<p>22. Lasagna, Caesar Salad w/ croutons, Green Beans, Garlic Bread, Fruit, Dessert, Milk Catered by R Place Lunch 11:30 Bingo 12:30 Suggested Donation \$6.00</p>	<p>27. 3 oz vesuvio pork chop, 1/2 c vesuvio potato, 1/2 c Italian Green Beans, 1/2 c grapes, 1 oz wheat roll margarine, graham cracker</p>	<p>24. Pot Luck Surprise! Entrée Fruit, Milk, Dessert LUNCH 11:30 Bingo 12:30 Suggested Donation \$4.00</p>
<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>				

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. Remove meal from the freezer and follow the cooking instructions provided. If it has been refrigerated, it will not take as long. 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