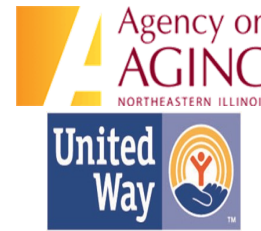


CNN Saratoga Tower Meal Program
1700 Newton Place
Morris, IL 60450

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



Community Nutrition Network
& Senior Services Association



March 2019

Patty Strahan
Nutrition Director

This menu is approved for use by Georgis title I/IC 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 stuffed cabbage rolls, 1/2 c scalloped potatoes, 1/2 c Corn, 1 oz wheat grain roll w/ butter, whole orange, cookie</p>	<p>5. 3 oz German Style pork roast with german mushroom gravy, 1/2 c potato pancake, 1/2 c carrots, 1/2 c tropical fruit salad, biscuit and butter</p>	<p>6. Chicken Parmesan w/ Spaghetti, Caesar Salad, Peas, Fruit, Dessert, Milk Catered by weits Café Lunch 11:30 Bingo 12:30 Suggested Donation \$6.00</p>	<p>7. 3 oz Maxwell Street Smoked polish sausage w/sautéed onions on wheat bun with mustard packet, 1/2 c potato salad, 1/2 c baked beans, 1/2 c pineapple</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. Corned Beef & Cabbage w/Potatoes & Carrots, Soda Bread & Butter, fruit, dessert, Milk LUNCH 11:30 Bingo 12:30 Suggested Donation \$6.00</p>
<p>11. 3 oz Italian sausage w/red sauce, whole grain roll and margarine, 1/2 c mixed vegetables, 1/2 c pasta, 1/2 c fruit salad, 1/2 c broccoli salad</p>	<p>12. 3 oz lemon chicken, 1/2 c rice, 1/2 c corn, 1/2 c three bean salad, muffin, 1/2 c applesauce</p>	<p>13. 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>14. 3 oz southern chicken w/ country gravy, 1/2 c Obrien potato, 1/2 c mixed vegetables, med orange, biscuit w/ margarine, oatmeal bar</p>	<p>15. Cheese omlet, French Toast Bread pudding, Bacon, Peaches Dessert, Milk LUNCH 11:30 Bingo 12:30 Suggested Donation \$4.00</p>
<p>18 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>19. 3 oz pepper steak, 1/2 c mashed potato, 1/2 c mixed veggies, granola bar, Wheat bun, 1/2 c peaches</p>	<p>20. March for Meals Community Champions Day Baked Breaded pork Tenderloins, Mashed Potatoes & Gravy, Vegetables, Peaches, Tossed Salad, Dessert, Milk Catered by weits Café Lunch 11:30 Bingo 12:30 Suggested Donation \$6.00</p>	<p>21. 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>22. Tuna or Chicken Salad on Bun, soup, Pea Salad, Fruit, Milk, Dessert LUNCH 11:30 Bingo 12:30 Suggested Donation \$4.00</p>
<p>25. 3 oz turkey pot pie, 1/2 c mashed potato, 1/2 c mixed vegetables, muffin, 1/2 c pineapple</p>	<p>26. 3 oz sloppy joes on wheat bun, 1/2 c diced red potato, 1/2 c baked beans, 1/2 c fruit salad</p>	<p>27. Meat Loaf, Mashed Potatoes With Gravy, Vegetables Normandy Relish Tray, Green Jello With Pears, Rolls & Butter, Carrot Cake, Milk Catered by weits Café Lunch 11:30 Bingo 12:30 Suggested Donation \$6.00</p>	<p>28. 3oz stuffed pepper w/sauce, 1/2 c pasta, 1/2 c green beans, 1/2 c mushroom salad, French bread, banana</p>	<p>29. Hot Dog on Bun, Baked Beans, Potato Salad, Tossed Salad w/Apples, Dessert, Milk LUNCH 11:30 Bingo 12:30 Suggested Donation \$4.00</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!!!