

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

**September 2019**



**Community Nutrition Network  
& Senior Services Association**



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

*Patty Strahan Nutrition Director*

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>2.</b> 3 oz turkey tetrazzini, 1/2 c noodles, 1/2 c spring vegetables, 1/2 c bean salad, orange, muffin &amp; butter <b>Office closed today</b></p>	<p><b>3.</b> 3 oz hot dog on wheat bun w/ ketchup &amp; mustard, 1/2 c baked beans, 1/2 c potatoes salad, 1/2 c tropical fruit salad</p>	<p><b>4.</b> Yankee Pot Roast w potatoes &amp; carrots, Tossed Salad*, Peaches*, Biscuits &amp; Butter, Dessert, Milk Catered by Upper Crust Lunch 11:30 Bingo 12:30 Suggested Donation \$6.00</p>	<p><b>5.</b> 3 oz Maxwell Street Smoked polish sausage on wheat bun with mustard packet, 1/2 c potato salad, 1/2 c baked beans, 1/2 c pineapple</p>	<p><b>6.</b> Breakfast Pizza w/ sausage &amp; cheese, Roasted Vegetables, Hummus, Fruit, Dessert, Milk, LUNCH 11:30 Bingo 12:30 Suggested Donation \$4.00</p>
<p><b>9.</b> 3 oz pork chop w/mushroom gravy, 1/2 c au gratin potato, 1/2 c crinkle cut carrots in dill butter sauce, 1/2 c applesauce, wheat bread w/ margarine, oatmeal cookie</p>	<p><b>10.</b> 3 oz taco beef, 1/2 c Spanish rice, 1/2 c refried beans, flour tortilla, 1/2 c corn salad, 1/2 c pears</p>	<p><b>11.</b> 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><b>12.</b> 3 oz roast turkey, 1/2 c stuffing, 1/2 c mashed potatoes, 1/2 c French cut green beans, 1/2 c peaches, roll w/margarine</p>	<p><b>13.</b> Pot Luck Surprise! Entrée, Fruit, Milk, Dessert LUNCH 11:30 Bingo 12:30 Suggested Donation \$4.00</p>
<p><b>16.</b> 3 oz grilled hamburger/wheat bun, ketchup &amp; Mustard packet, 1/2 c O'Brien potato, 1/2 c carrots, 1/2 c fruit cocktail</p>	<p><b>17.</b> 3 oz BBQ pulled pork, 1/2 c tator tots, 1/2 c baked beans, medium apple, bun</p>	<p><b>18.</b> Baked Macaroni &amp; Cheese w/ Ham, Peas, Tossed Salad, Peaches, Rolls &amp; Butter, Dessert, Milk Catered by Upper Crust Lunch 11:30 Bingo 12:30 Suggested Donation \$6.00</p>	<p><b>19.</b> 3 oz chicken saltimbocca, 1/2 c spinach, 1/2 c diced potatoes, eight grain bread &amp; butter, 1/2 c pears, granola bar</p>	<p><b>20.</b> Breaded Fish or Chicken salad on bun, Sweet Potato Fries, Tossed Salad w/ Chickpeas and tomato, Peaches, Dessert, Milk LUNCH 11:30 Bingo 12:30 Suggested Donation \$4.00</p>
<p><b>23.</b> 3 oz Italian sausage w/red sauce, 1/2 c Italian green beans, 1/2 c spaghetti w marinara, 1/2 c fruit salad, 1/2 c broccoli salad, wheat bun and margarine,</p>	<p><b>24.</b> 3 oz smoked ham/cheddar sauce, 1/2 c scalloped potatoes, 1/2 c corn, Hawaiian roll w/ margarine, 1/2 c apple</p>	<p><b>25.</b> Beef Stir Fry, Rice Pilaf, Oriental Vegetables, Dinner Rolls &amp; Butter, Pears, Dessert, Milk Catered by R Place Lunch 11:30 Bingo 12:30 Suggested Donation \$6.00</p>	<p><b>26.</b> 3 oz turkey tetrazzini, 1/2 c noodles, 1/2 c spring vegetables, 1/2 c bean salad, orange, muffin &amp; butter</p>	<p><b>27.</b> Hot Dog on bun, Cheesy Potatoes, Peas, Tossed Salad, fruit, Dessert, Milk LUNCH 11:30 Bingo 12:30 Suggested Donation \$4.00</p>
<p><b>30.</b> 3 oz southern chicken w/ country gravy, 1/2 c rotini pasta, 1/2 c corn, 1.4 oz cornbread &amp; butter, 1/2 c pineapple, 1/2 c beet salad</p>	<p><b>Menu subject to change due to availability of items. Each meal is served with low-fat milk.</b></p>	<p><b>For your safety, if you cannot eat all of your meal or if you are not ready to eat your meal when it is served: REFRIGERATE IT RIGHT AWAY!! Do not leave it sitting out!!! Please be safe!!!</b></p>	<p><b>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 &amp; TDD] or contact the Director of Personnel at [312] 207-5444.</b></p> <p><b>Lunch served at 11:30 Suggested Donation \$3.50 unless otherwise noted</b></p>	