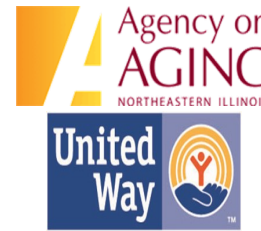


CNN Home Delivered Meal Program
1700 Newton Place
Morris, IL 60450

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



Community Nutrition Network
& Senior Services Association



April 2019

Patty Strahan
Nutrition Director

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

Monday	Tuesday	Wednesday	Thursday	Friday
1. 3 oz chicken & sausage caserole, 1/2 c rice, 1/2 c peas & carrots, 1/2 c Cajun coleslaw, wheat bread/margarine, 1/2 c applesauce	2. 3oz stuffed pepper w/sauce, 1/2 c pasta, 1/2 c green beans, 1/2 c mushroom salad, French bread, banana	3. 3 oz baked ham w/sweet sour glaze, 1/2 c sweet potatoes, 1/2 c corn, 1/2 c fruit cocktail, rye bread/margarine, granola bar	4. 3 oz hot dog on wheat bun w/ ketchup & mustard, 1/2 c baked beans, 1/2 c potatoes O'brien, 1/2 c grapes	5. 3 oz greek meatballs in lemon sauce, 1/2 c rice, 1/2 c green beans, 1/2 c coleslaw, 1 oz multi grain roll /marg, 1/2 c tropical fruit
8. 3 oz vesuvio porkchop, 1/2 c vesuvio potato, 1/2 c carrots, 1/2 c applesauce, wheat bread and margarine, graham cracker	9. 3 oz Fajita chicken w/ peppers & onions, 1/2 c Mexican black beans, 1/2 c fiesta rice, 1/2 c corn salad, flour tortilla, 1/2 c pears	10. 3 oz cheddarwurst, 1/2 c Scalloped potatoes, 1/2 c mixed vegetables, wheat bun, mustard packet, 1/2 c fruit cocktail	11. 3 oz breaded steak w/ country gravy, 1/2 c mashed potato, 1/2 c peas and pearl onions, 1/2 c fruit cocktail, biscuit w/margarine	12. 3oz sloppy joes w/wheat bun, 1/2 c corn, 1/2 c black beans onion salad, 1/2 c cinnamon apples
15. 3 oz bone in chicken w/ country gravy, 1/2 c potato wedges, 1/2 c mixed vegetables, 2oz buttermilk biscuit & butter, 1/2 c fruit salad, 1.3 oz granola bar	16. 1/2 c spaghetti with 3 oz meatballs and marinara sauce, 1/2 c peas and carrots, 2 oz French bread/margarine, med pear	17. 3 oz BBQ chicken, bun, 1/2 c cheesy mashed potatoes, 1/2 c green beans, 1/2 c peaches	18. 3 oz bone in Grecian chicken , 1/2 c brown rice, 1/2 c mixed vegetables, 1/2 c 3-bean salad, multi grain roll & butter, 1/2 c pineapple	19. 3 oz smoked ham/orange ginger glaze, 1/2 c mashed potatoes, 1/2 c carrots , med apple, 2oz biscuit w/margarine
22. 3 oz BBQ Beef, 1/2 c sweet potato cubes, 1/2 c baked beans, wheat roll w/butter, 1/2 c peaches	23. 3 oz grilled hamburger/ wheat bun, ketchup & Mustard packet, 1/2 c potato salad, 1/2 c corn, 1/2 c fruit cocktail	24. 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	25. 3 oz pork cutlet w/pork gravy, 1/2 c mashed potato, 1/2 c carrots, 1/2 pears, swirled rye bread w/ margarine, whole grain muffin,	26. 3 oz Swedish meatballs, 1/2 c rotini noodles, 1/2 c peas, 1/2 c coleslaw, 2 oz sliced Multi Grain bread /marg, 1/2 c tropical fruit cocktail
29. 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 pineapple	30. 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>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>		<p>Funding in part is provided by Northeastern Illinois Area on Aging and United Way of Grundy County</p>
<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 not leave it sitting out!!! Please be safe!!!</p>				