

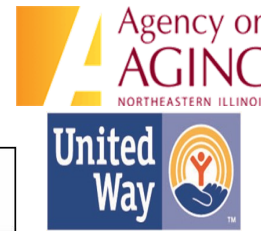
**CNN Home Delivered
Meal Program
1700 Newton Place
Morris, IL 60450**

May 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 III C Nutrition Sites. K. Leicht, RD LDN MBA

Monday	Tuesday	Wednesday	Thursday	Friday
<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>1.3 oz prime rib w/au jus, 1/2 c au gratin potato, 1/2 c green beans, 1.5 oz multi grain roll w/ butter, 1/2 fruit salad</p>	<p>2. 3 oz homemade turkey and vegetable casserole, 1/2 c noodles, 1/2 c mixed vegetables, 1/2 c mushroom salad, 1/2 c fruit juice, cornbread & butter</p>	<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>6. 3 oz greek meatballs in lemon sauce, 1/2 c rice, 1/2 c peas & Carrots, 1/2 c coleslaw, 1 oz biscuits/ marg, 1/2 c apple sauce</p>	<p>7. 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, orange</p>	<p>8. 3 oz cheddarwurst, 1/2 c Scal- loped potatoes, 1/2 c mixed veg- etables, wheat bun, mustard packet, 1/2 c fruit cocktail</p>	<p>9. 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</p>	<p>10. 3 oz bone in lemon oregano chicken, 1/2 c potato wedges, 1/2 c mixed vegetables, 2 oz buttermilk biscuit and butter, 1/2 c fruit salad, granola bar</p>
<p>13. 3oz sloppy joes w/wheat bun, 1/2 c corn, 1/2 c black beans onion salad, 1/2 c cinnamon apples</p>	<p>14. 1/2 c spaghetti with 3 oz meat- balls and marinara sauce, 1/2 c green beans, 2 oz French bread/ margarine, med pear</p>	<p>15. 3 oz BBQ Chicken, bun, 1/2 c cheesy mashed potatoes, 1/2 c peas & carrots, 1/2 c peaches</p>	<p>16. 3 oz BBQ Beef, 1/2 c sweet po- tato cubes, 1/2 c baked beans, bun w/butter, 1/2 c tropical fruit</p>	<p>17. 3 oz smoked ham/orange ginger glaze, 1/2 c mashed po- tatoes, 1/2 c carrots , med ap- ple, 2oz biscuit w/margarine</p>
<p>20 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>21. 3 oz grilled hamburger/wheat bun, ketchup & Mustard packet, 1/2 c potato salad, 1/2 c corn, 1/2 c fruit cocktail</p>	<p>22. 3 oz Grecian chicken , 1/2 c brown rice, 1/2 c mixed vegeta- bles, 1/2 c 3-bean salad, multi grain roll & butter, 1/2 c pineap- ple</p>	<p>23. 3 oz chicken marsala, 1/2 c rice, 1/2 c mixed vegetables, 1/2 c vege- table salad, whole wheat roll / margarine, 1/2 c peaches</p>	<p>24. 3 oz pork cutlet w/pork gra- vy, 1/2 c mashed potato, 1/2 c green beans, 1/2 c pears, swirled rye bread w/ marga- rine, whole grain muffin,</p>
<p>27. 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>28. 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</p>	<p>29. 3 oz prime rib w/au jus, 1/2 c au gratin potato, 1/2 c green beans, 1.5 oz multi grain roll w/ butter, 1/2 fruit salad</p>	<p>30. 3 oz hot dog on wheat bun w/ ketchup & mustard, 1/2 c baked beans, 1/2 c potatoes O'Brien, 1/2 c apple sauce</p>	<p>31. 3 oz homemade turkey and vegetable casserole, 1/2 c noodles, 1/2 c mixed vegetables, 1/2 c mushroom salad, 1/2 c fruit juice, cornbread & butter</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!!!