

**CNN Home Delivered Meal Program/Meals on Wheels**  
**908 Game Farm Road**  
**Yorkville, Il. 60560**

**Days: Mondays-Fridays**  
**Times: 7:00am-1:00 pm**  
**Phone: (630)553-2316**



**Community Nutrition Network**  
**& Senior Services Association**



**April 2019**

*Louise Maritoto*  
*Nutrition Director*

Rev/Approved RJanusz

Monday	Tuesday	Wednesday	Thursday	Friday
1. Chili Beef, with Beans, Broccoli & Cinnamon Apples, Garlic Bread Stick, Coleslaw, Apple Sauce, Milk	2. Baked Chicken Patty, Corn with preppers and Greens, Kidney Beans & Corn with Peppers, Bread Stick, Pasta Salad, Apple Slices, Milk	3. Salisbury Steak with Brown Gravy, Mash Potatoes, Mixed Vegetables, Whole Wheat Roll, Gelatin w/Fruit, cookie, Milk	4. Peppered Beef Patty, Sweet Potato Casserole & Mixed Greens, Juice Tri Bean Salad, Whole Wheat Sandwich Roll, Milk	5. Macaroni & Cheese, Carrots, Green Peas Corn Muffin, Tapioca Pudding, Cran- Apple Juice, Milk
8. Grilled Pork Patty, Cinnamon Diced Apples & Mixed Greens, Biscuit, Jell-O Cup, Juice, Milk	9. Chicken Strips & Pasta, with Tomato Basil Sauce, Cabbage/Black Beans/Corn, Fruit Yogurt, cookie, Bread, Milk	10. Creamy Country Fried Steak, Whipped Potatoes, Mixed Vegetables, Kidney Bean Salad, Gelatin w/ Fruit, Corn Muffin, Milk	11. Chicken and Dressing, Spring Vegetables, Broccoli, Peaches, Cheese & Crackers, Juice, Bread, Milk	12. Chicken Salad/Potato Bun, Pickle Spear, Peach Fruit Cup, Cookie, Milk
15. Oven Fried Chicken, Spring Vegetables, Broccoli, Peaches, Cheese & Crackers, Juice, Bread, Milk	16. Lasagna with Meat Sauce, Mixed Greens & Corn with Peppers, Whole Wheat Bread, Fresh Orange, cookie, Milk	17. Spaghetti with Meatballs, Three Bean Salad, Whole Wheat Roll, Pineapple Tidbits, Milk	18. Charbroiled Meatballs, with Rice & Gravy, Peas/Carrots/Lima Beans, Whole Wheat Bread, Peaches, Juice, Milk	19. Dixie Crunch Breaded Pollock Meals, Black Eyed Peas & Broccoli Tossed Salad, Whole Wheat Bread, Banana, Juice, Milk
22. Meatloaf, with Tomato Sauce, Lima Beans & Winter Vegetables, Macaroni Salad, Whole Wheat Roll, Gelatin w/fruit, Milk	23. Chicken Parmesan, Whipped potatoes, Capri Blend Vegetables, Whole Wheat Bread, Apple juice, Oatmeal Raisin Cookie, Milk	24. New Orleans Style Chicken over Savory Rice w/Beans, Sweet Potatoes, Potato Salad, Whole Wheat Bread, Juice, and Milk	25. Lasagna with Meat Sauce, Mixed Greens, Corn w/Peppers, Cucumber Salad, Garlic Bread, Peaches, Milk	26. Tuna Salad/ Roll , Cheese Stick , Pickle Spear, Tropical fruit Cup , Milk, Cookie
29. Charbroiled Steak Fingers, Mixed Greens & Lima Beans, Rye Bread, Carrot Salad, Pears, Milk	30. Char Steak Meals, Carrots & Brussels Sprouts, Corn Muffin, Cucumber / Onion Salad, Butter Cookie, Juice, Milk		Suggested Donation \$3.75 per Meal	

**Menu subject to change due to availability of items.** Funding in part is provided by Northeastern Illinois Area on Aging. Each meal is served with fat-free or low-fat milk. Remove meal from the freezer or refrigerator Punch a few holes in the clear cover with a fork. Leave the cover on the food. Set microwave to defrost for 2-4 minutes, then full power for 3-5 minutes. 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!!!**