

CNN Home Delivered Meal Program
908 Game Farm Road
Yorkville, Il. 60560

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



Community Nutrition Network
& Senior Services Association



MAY 2019

*Louise Maritato-
 Nutrition Director*

Rev/Approved Ruth Janusz

Monday	Tuesday	Wednesday	Thursday	Friday
Suggested Donation \$3.75		1. Salisbury Steak/ Brown Gravy, Whipped Potatoes, Mixed Veggie, Pasta Salad, Wheat Roll, Milk	2. Chicken and Dressing, Spring Vegetables, Broccoli, Three Bean Salad, Grapes, Whole Wheat Bread, Milk	3. Macaroni & Cheese, Carrots, Green Peas Corn Muffin-, Tapioca Pudding, Cran -Apple Juice, Milk
6. Peppered Beef Patty, Sweet Potato Casserole & Mixed Greens, Gelatin/Mandarin Oranges, Whole Wheat Sandwich Roll, Milk	7. Grilled Pork Patty, Cinnamon Diced Apples , Mixed Greens, Biscuit, Cookie, Juice, Milk	8. Chicken Strips & Pasta, with Tomato Basil Sauce, Cabbage/Black Beans/Corn, Fruit Yogurt, Apple Juice, Bread, Milk	9. Creamy Country Fried Steak, Whipped Potatoes, Mixed Vegetables, Tossed Salad, Jell-o, Corn Muffin-, Milk	10. Breaded Fish Wedge, Cauliflower, Green Beans, Bran Muffin-, Coleslaw, Cranberry Juice, Milk
13. Chicken and Dressing, Spring Vegetables, Broccoli, Pears, cookie, Bread, Milk	14. Pepper Beef Patty and brown Gravy, Sweet Potatoes, Mixed Greens, Hamburger Bun, Potato Salad, Cookie, Lemonade, Milk	15. Meatballs & Pasta, with Alfredo Sauce, Whole Kernel Corn & Green Beans , Three Bean Salad, Whole Wheat Bread, Pineapple Tidbits, Milk	16. Chicken Tenders & Zesty Orange Rice Meals, Kidney Beans & Corn with Peppers, Garlic Bread Stick, Coleslaw, Apple Sauce, Milk	17. Chicken parmesan, Whipped potatoes, Capri Blend vegetables, Fruit Cup, Cookie, Cheese and Crackers, Milk
20. Meatloaf, with Tomato Sauce, Lima Beans & Winter Vegetables, Cucumber / Onion Salad, Whole Wheat Roll, Orange Juice, Milk	21. Char Steak Meals, Carrots & Brussels Sprouts, Fruit, Macaroni Salad, Cookie, Juice, Milk	22. New Orleans Style Chicken over Savory Rice w/Beans, Sweet Potatoes, Three Bean Salad, Whole Wheat Bread, Grapes, Milk	23. Lasagna with Meat Sauce, Mixed Greens, Corn w/Peppers, Carrot Salad, Garlic Bread, Juice, Milk	24. Dixie Crunch Breaded Pollock Meals, Black Eyed Peas & Tossed Salad, Whole Wheat Bread, Banana, Milk, Cookie
27. CLOSED FOR MEMORAL DAY	28. Chili Beef with Beans, Broccoli, Cinnamon Apples, Garlic Bread, Coleslaw, Tropical Fruit Cup, Milk	29. Spaghetti and Meatballs, Mixed Greens & Whole Kernel Corn, Whole Wheat Bread, Peaches, Juice, Milk	30. Meatballs & Pasta, with Alfredo Sauce, Whole Kernel Corn & Green Beans . Whole Wheat Roll, Pineapple Tidbits, Milk , Cookie	31. Oven Fried Chicken, whole Kernel Corn, Mixed Greens, Macaroni Salad, orange Juice, Milk

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 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!!!**