

**CNN/Meals on Wheels**  
**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**



**March 2020**

*Louise Maritato*  
*Nutrition Director*

Rev/Approved Ruth Janusz

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
2. Slow Roasted Beef/Gravy, Mashed Potatoes, Brussel sprouts, Multi Grain bread, chilled pears, cookie, milk	3. Classic Lasagna w/meat sauce, Broccoli, chef's choice veg, wheat bread, oatmeal raisin cookie, milk	4. Spaghetti & meatball marinara, broccoli, garlic bread, chilled peaches, milk	5. Turkey Pasta salad w/shell rigate, Lettuce/Tomato, Tri-bean salad, whole wheat bread, pineapple tid bits, milk	6. Cheese Ravioli Alfredo, Zucchini red peppers and onions, Chef's choice veg, multi-grain dinner roll, fruit cup, milk
9. Baked meatloaf w/country gravy. Cauliflower mashed potatoes, stewed tomatoes, whole wheat bread, pineapple tid bits, milk	10. Roast turkey & Gravy, Baked sweet potato, mixed vegetable, bread stuffing, chef's fruit, milk	11. BBQ Chicken thighs, oven fries, green beans and onion, wheat bread, fruit jell-o, milk	12. BLT Chicken Salad, Mixed Salad greens w/ tomato wedges, tri-bean salad, whole wheat bread, pineapple tid bit, milk	13. Cheese omelette, refried beans, biscuit, apple juice, Fruit yogurt, fresh orange, milk
16. Pork Roast w/ cinnamon pears, Au gratin potatoes, corn, wheat bread, pumpkin bar, milk	17. Hot Roast beef, mashed potatoes/gravy, Northern Bean & Tomato medley, wheat bread, fresh orange, milk	18. Salisbury steak/gravy, mashed potatoes, Harvard beets, multi-grain bread, pineapple tid bits, milk	19. Turkey pasta salad w/ shell rigate, Lettuce/tomato, tri-bean salad, whole wheat bread, pineapple tid bits, milk	20. Classic Lasagna W/ marinara, broccoli, chef's choice veg, wheat bread, oatmeal raisin cookie, milk
23. Roast turkey & Gravy, baked sweet potatoes, mixed vegetables, bread stuffing, chef's fruit, milk	24. Sliced Bavarian Style Bratwurst, Diced parslid potatoes, carrots, rye bread, Fresh melon, milk	25. Spaghetti & Meatball marinara, Mixed salad greens, wheat Vienna, warm peach cobbler, milk	26. Ham & turkey club, Focaccia flat bread, lettuce & tomato, pea salad, pineapple tid -bits, milk.	27. Citrus Alaskan Pollock, vegetable rice pilaf, country blend vegetable, multi-grain dinner roll, chick pea salad, fresh melon, milk
30. Hot Roast beef, mashed potatoes/gravy, wheat bread, fresh orange, milk	31. Chicken tenders in country gravy, bread stuffing, sweet potato mashed, Northern bean and tomato, cran applesauce, milk			Suggested Donation \$3.75

**Menu subject to change due to availability of items.** Funding in part is provided by Age Guide agency. 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!!!