

CNN Saratoga Towers
Meal Program
1700 Newton Place
Morris, IL 60450
Phone: (815)941-1590

Community Nutrition Network & Senior Services Association



December 2023

Patty Strahan Nutrition Director

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



Funding in part is provided by
Age Guide and United Way of
Grundy County



If you have any questions or problems
 please call our office at 1-815-941-1590.

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>All meals are \$3.75 unless otherwise marked.</p>		<p>1. Chicken Fajita Chili w/Beans & Rice, Tossed Salad, Corn Bread, Fruit, Dessert, Milk Lunch 11:00 Bingo to Follow Suggested Donation \$4.00</p>
<p>4. SLICED BAVARIAN STYLE BRATWURST DICED PARSLIED POTATOES CARROTS RYE BREAD FRESH MELON Milk or juice</p>	<p>5. CHICKEN CHARDONNAY MASHED POTATOES BROCCOLI MULTI GRAIN BREAD FRESH ORANGE GRAMMA'S APPLE BAR Milk or juice</p>	<p>6. Christmas Dinner Ham w/Honey Mustard Glaze Scalloped Potatoes, Peas & Carrots, Cornbread Pudding, Dessert, Milk Lunch 11:00 Bingo to Follow Catered by Upper Crust Suggested Donation \$7.00</p>	<p>7. VEAL MARSALA SCALLOPED POTATOES STEWED TOMATOES MULTI GRAIN BREAD CHILLED PEARS Milk or juice</p>	<p>8. Baked Chicken Parmesan Spaghetti, Tossed Salad, Green Beans, Garlic Bread, Fruit, Dessert, Milk Lunch 11:00 Suggested Donation \$4.00</p>
<p>11. SLOW ROASTED BEEF/ GRAVY MASHED POTATOES BRUSSELS SPROUTS MULTI GRAIN BREAD CHILLED PEARS COOKIE Milk or Juice</p>	<p>12. TURKEY POT ROAST/GRAV BAKED POTATO PEAS & CARROTS MULTI GRAIN BREAD CHEF'S FRUIT Milk or Juice</p>	<p>13. Meatloaf, Mashed Potatoes w/gravy, Broccoli, Tossed Salad, Rolls & Butter, Fruit, Dessert, Milk Lunch 11:00 Bingo to Follow Catered by Upper Crust Suggested Donation \$7.00</p>	<p>14. CHICKEN TENDERS IN COUNTRY CHICKEN GRAVY, BREAD STUFFING, SWEET POTATO MASHED NORTHERN BEAN & TOMATO MEDLEY CRAN APPLESAUCE Milk or juice</p>	<p>15. Chopped Italian Sliders includes chopped meats & cheese & tossed salad on the sliders), Cucumber Beet Salad, Potatoes, Fruit, Dessert, Milk Lunch 11:00 Suggested Donation \$4.00</p>
<p>18. BAKED MEATLOAF W/ COUNTRY GRAVY CAULIFLOWER MASHED POTATOES MIXED VEGETABLES WHOLE WHEAT ROLL PINEAPPLE TID BITS Milk or juice</p>	<p>19. BBQ PULLED PORK CARROT RAISIN SALAD WHEAT SANDWICH BUN WARM APPLE CRUMBLE Milk or Juice</p>	<p>20. Yankee Pot Roast w/Carrots & Potatoes, Tossed Salad, Biscuits & Butter, Fruit, Dessert, Milk Lunch 11:00 Bingo to Follow Catered by Upper Crust Suggested Donation \$7.00</p>	<p>21. HOLIDAY MENU BAKED HAM, CRAN RAISIN SAUCE ROASTED DICED POTATOES MIXED VEGETABLES RYE BREAD PIE Milk or Juice</p>	<p>22. Monthly Birthday Party Meatball Sandwich, Spaghetti Marinara, Tossed Salad, Mixed Vegetables, Fruit, Dessert, Milk Lunch 11:00 Suggested Donation \$4.00</p>
<p>25. Closed for the Christmas Holiday A Frozen meal will be sent out for this day. Merry Christmas!</p>	<p>26. CHEDDAR BROCCOLI CHICKEN RICE CASSEROLE CAULIFLOWER WHOLE WHEAT ROLL WARM PEAR CRANBERRY CRUMBLE Milk or juice</p>	<p>27. Chicken a La King, Biscuit, Mixed Vegetables, Tossed Salad, Fruit, Dessert, Milk Lunch 11:00 Bingo to Follow Catered by Upper Crust Suggested Donation \$7.00</p>	<p>28. HOT DOG OVEN FRIES BEAN CASSEROLE WHEAT HOT DOG BUN BANANA Milk or juice</p>	<p>29. Beef Stroganoff w/Buttered Noodles, Tossed Salad, California Medley Mixed Vegetables, Rolls & Butter, Fruit, Dessert, Milk Lunch 11:00 Suggested Donation \$4.00</p>

Menu subject to change due to availability of items. 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!!! Remove meal from the freezer and follow the cooking instructions provided. If it has been refrigerated, it will not take as long. This menu is subject to change.

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