

Frankfort Township
 11000 Lincoln Highway
 Frankfort, IL 60423
 CNN Café Manager: Patricia Backus



December 2023

Community Nutrition Network & Senior Services Association



Days: Monday-Friday
 Times: 11:30 AM-1:30 PM
 Phone: (815) 351-8995

Monday	Tuesday	Wednesday	Thursday	Friday
<p>For your safety, if you cannot eat all of your meal or if you are not ready to eat your meal, REFRIGERATE IT RIGHT AWAY! Do not leave it sitting out. Please be safe. Each meal served with fat-free or skim milk.</p>				<p>1 Chicken Breast Parmesan Penne Pasta w/Marinara Squash Medley Wheat Vienna Chilled Peaches</p>
<p>4 Sliced Bavarian Style Bratwurst Diced Parslied Potatoes Carrots Rye Bread Fresh Melon</p>	<p>5 Chicken Chardonnay Mashed Potatoes Broccoli Multi-Grain Bread Fresh Orange Chocolate Pudding</p>	<p>6 Texas Chili Mac & Cheese Country Blend Vegetable Multi-Grain Bread Fruit Cup</p>	<p>7 Veal Marsala Scalloped Potatoes Stewed Tomatoes Multi-Grain Bread Chilled Pears Beet Salad</p>	<p>8 Baked Pollock w/Lemon Butter Sauce Baked Potato California Blend Wheat Bread Vanilla Mandarin Pudding</p>
<p>11 Slow Roasted Beef w/ Gravy Mashed Potatoes Brussels Sprouts Multi-grain Bread Chilled Pears</p>	<p>12 Turkey Pot Roast in Gravy Baked Potato Peas & Carrots Multi-Grain Bread Banana</p>	<p>13 Spaghetti & Meatball Marinara Broccoli Wheat Vienna Chilled Peaches</p>	<p>14 Chicken Tenders in Country Chicken Gravy Bread Stuffing Mashed Sweet Potato Northern Bean & Tomato Medley</p>	<p>15 Surimi Crab Alfredo w/ Penne Pasta Zucchini w/Red Peppers & Onion Chef's Choice Vegetables Multi-grain Dinner Roll</p>
<p>18 Baked Meatloaf w/ Country Gray Cauliflower Mashed Potatoes Mixed Vegetables Whole Wheat Roll</p>	<p>19 BBQ Pulled Pork w/ Wheat Sandwich Bun Oven Fries Carrot Raisin Salad Warm Apple Crumble Chef's Choice</p>	<p>20 Maple Mustard Glazed Chicken Thigh Scalloped Potatoes Baked Bean Casserole Wheat Bread Fruit Jello</p>	<p>21 Baked Ham, w/Cran Raisin Sauce Roasted Diced Potatoes Mixed Begetables Rye Bread Dessert</p>	<p>22 SWEDISH MEATBALLS/ GRAVY MASHED POTATOES BROCCOLI MULTI GRAIN BREAD FRESH MELON</p>
<p>25 Closed</p>	<p>26 Cheddar Broccoli Chicken Rice Casserole Cauliflower Whole Wheat Roll Warm Pear & Cranberry Crumble</p>	<p>27 Salisbury Steak w/Gravy Mashed Potatoes Corn Multi-Grain Dinner Roll Pineapple Tidbits</p>	<p>28 Hot Dog w/Wheat Bun Oven Fries Bean Casserole Banana Fresh Melon</p>	<p>29 CLASSIC LASAGNA W/ MEAT SAUCE BROCCOLI CHEF'S CHOICE VEGGIE WHEAT BREAD</p>

Menu subject to change due to availability of items. Funding in in part is provided by AgeGuide

Suggested Lunch Donation: \$4.00

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