

Monee Meals on Wheels  
 5323 W. Margaret Street  
 Monee, IL 60449  
 CNN Site Manager: Tammie Durrett



# December 2023

## Community Nutrition Network & Senior Services Association



Days: Monday-Friday  
 Times: 9:00 AM-2:00 PM  
 Phone: (815) 351-9210

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 &amp; 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 &amp; Carrots            Multi-Grain Bread            Banana</p>	<p>13 Spaghetti &amp; Meatball            Marinara            Broccoli            Wheat Vienna            Chilled Peaches</p>	<p>14 Chicken Tenders in            Country Chicken Gravy            Bread Stuffing            Mashed Sweet Potato            Northern Bean &amp; Tomato            Medley</p>	<p>15 Surimi Crab Alfredo w/            Penne Pasta            Zucchini w/Red Peppers            &amp; 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             TBD</p>
<p>25             Closed</p>	<p>26 Cheddar Broccoli Chicken            Rice Casserole            Cauliflower            Whole Wheat Roll            Warm Pear &amp; 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             TBD</p>

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

Suggested Lunch Donation: \$4.00

Funds, in whole or in part, for this publication were provided through Age Guide of Northeastern Illinois under Title III or the Older Americans act as administered through the Illinois Department on Aging and the Federal Administration on Aging. CNSSSA does not discriminate in admission to programs or activities or treatment of employment in programs or activities in compliance with the Illinois Human Rights Act; the U.S. Civil Rights Act; Section 504 of the Rehabilitation Act; the Age Discrimination Act; the Age Discrimination in Employment Act; and the U.S. and Illinois Constitutions. If you feel you have been discriminated against, you have a right to file a complaint, dial 1-800-252-8966 (Voice and TDD), or contact the Director of Personnel (312) 207-5290.



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<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 &amp; 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 &amp; Carrots Multi-Grain Bread Banana</p>	<p>13 Spaghetti &amp; Meatball Marinara Broccoli Wheat Vienna Chilled Peaches</p>	<p>14 Chicken Tenders in Country Chicken Gravy Bread Stuffing Mashed Sweet Potato Northern Bean &amp; Tomato Medley</p>	<p>15 Surimi Crab Alfredo w/ Penne Pasta Zucchini w/Red Peppers &amp; 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 &amp; 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>

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