

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

## Community Nutrition Network & Senior Services Association



**January 2024**

*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>1.</p> <p><b>Office Closed Happy New Year!</b></p> <p>All meals are \$3.75 unless otherwise marked.</p>	<p>2. SPAGHETTI &amp; MEATBALL MARINARA          MIXED SALAD GREENS          MULTI GRAIN BREAD          WARM PEACH COBBLER          Milk or juice</p>	<p><b>3. New Year's Party</b>          BBQ Meatballs, Grilled Chicken Bites,          Bacon Wrapped Pineapple, Pigs in a Blanket, Veggies &amp; Dip, Assorted Cheese &amp; Crackers, Tossed Salad, Fruit, Dessert, Milk          Lunch 11:00 Bingo to Follow          Catered by Upper Crust          Suggested Donation \$7.00</p>	<p>4. BAKED CHICKEN &amp; GRAVY          MASHED POTATOES          CAULIFLOWER &amp; RED PEPPERS          WHEAT BREAD          MANDARIN ORANGES          Milk or juice</p>	<p>5. Turkey Shepherd's Pie w/peas, carrots, Corn, Tossed Salad, Rolls &amp; Butter, Fruit, Dessert, Milk          Lunch 11:00 Bingo to Follow          Suggested Donation \$4.00</p>
<p>8. HOT ROAST BEEF          MASHED POTATOES/GRAVY          PEAS &amp; CARROTS          WHEAT BREAD          FRESH ORANGE          Milk or juice</p>	<p>9. BBQ RIBLET          OVEN FRIES          BLACK BEANS &amp; CORN          WHEAT SANDWICH BUN          WHOLE APPLE          Milk or juice</p>	<p>10. Hot Dog on Bun, Chips          BBQ Baked Beans, Tossed Salad, Fruit, Dessert, Milk          Lunch 11:00 Bingo to Follow          Catered by Upper Crust          Suggested Donation \$7.00</p>	<p>11. WESTERN EGGS          HASH BROWNED POTATOES          MAPLE GLAZED PEARS          RAISIN BREAD          CRANBERRY JUICE          BANANA          Milk or juice</p>	<p>12. Beef Stroganoff on Buttered Noodles, Tossed Salad, Mixed Vegetables, Rolls &amp; Butter, Fruit, Dessert, Milk          Lunch 11:00          Suggested Donation \$4.00</p>
<p>15.</p> <p><b>Office Closed for Martin Luther King Day</b></p>	<p>16. CHICKEN CHARDONNAY          MASHED POTATOES          BROCCOLI          MULTI GRAIN BREAD          FRESH ORANGE          GRAMMA'S APPLE BAR          Milk or juice</p>	<p>17. Herb Roasted Chicken,          Mash Potatoes with gravy,          Peas &amp; Carrots, Tossed Salad,          Fruit, Dessert, Milk          Lunch 11:00 Bingo to Follow          Catered by Upper Crust          Suggested Donation \$7.00</p>	<p>18. VEAL MARSALA          SCALLOPED POTATOES          STEWED TOMATOES          MULTI GRAIN BREAD          CHILLED PEARS          Milk or juice</p>	<p>19. Grilled Chicken Garden Salad,          Vegetable Tortilla Soup, Rolls &amp; Butter, Fruit, Dessert, Milk          Lunch 11:00          Suggested Donation \$4.00</p>
<p>22. SLOW ROASTED BEEF/          GRAVY          MASHED POTATOES          BRUSSELS SPROUTS          MULTI GRAIN BREAD          CHILLED PEARS          COOKIE          Milk or Juice</p>	<p>23. TURKEY POT ROAST/GRAVY          BAKED POTATO          PEAS &amp; CARROTS          MULTI GRAIN BREAD          CHEF'S FRUIT          Milk or Juice</p>	<p>24. Stuffed Peppers, Mashed Potatoes w/gravy, Tossed Salad, Rolls &amp; Butter, Fruit, Dessert, Milk          Lunch 11:00 Bingo to Follow          Catered by Upper Crust          Suggested Donation \$7.00</p>	<p>25. CHICKEN TENDERS IN COUNTRY          CHICKEN GRAVY, BREAD STUFFING,          SWEET POTATO MASHED          NORTHERN BEAN &amp; TOMATO          MEDLEY          CRAN APPLESAUCE          Milk or juice</p>	<p><b>22. Monthly Birthday Party</b>          Ham, Potato, Green Bean &amp; Onion in a pot, Tossed Salad, Corn Bread, Fruit, Dessert, Milk          Lunch 11:00          Suggested Donation \$4.00</p>
<p>29. BAKED MEATLOAF W/ COUNTRY GRAVY          CAULIFLOWER MASHED POTATOES          MIXED VEGETABLES          WHOLE WHEAT ROLL          PINEAPPLE TID BITS</p>	<p>30. CHEDDAR BROCCOLI          CHICKEN RICE CASSEROLE          CAULIFLOWER          WHOLE WHEAT ROLL          WARM PEAR          CRANBERRY CRUMBLE          Milk or juice</p>	<p>31. Pulled pork on a Bun, Roasted Potatoes, Baked Beans, Tossed Salad, Fruit, Dessert, Milk          Lunch 11:00 Bingo to Follow          Catered by Upper Crust          Suggested Donation \$7.00</p>	<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 &amp; TDD] or contact the Director of Personnel at [312] 207-5444.</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.

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

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.