



These menus are approved for use
by title IIC Nutrition Programs. K.
Leicht, RD LDN MBA

815-941-1590

COMMUNITY NUTRITION NETWORK

Monday		Tuesday		Wednesday		Thursday		FRIDAY	
SARATOGA TOWERS		SARATOGA TOWERS		SARATOGA TOWERS		WHISTLE STOP	1	SARATOGA TOWER	2
						Open for Great Plates 7 days a week During their regular business hours		Ground Hog Day Celebration Biscuits & Sausage Gravy, Cheese/ Potato/ Egg Bake, Roasted Vegetables, Fruit, Dessert, Milk Lunch 11:00 Suggested Donation \$4.00	
SARATOGA TOWERS	5	SARATOGA TOWERS	6	SARATOGA TOWER	7	WHISTLE STOP	8	SARATOGA TOWER	9
Office open 8AM-11AM to register for or reload Senior Dine Cards or acquire "Great Plates" Coupons				Beef Burgers w/onion, lettuce, tomato & Cheese, Lyonnais Potatoes, Corn, Tossed Salad, Fruit, Dessert, Milk Lunch 11:00 Bingo to Follow Catered by Upper Crust Suggested Donation \$7.00		Open for Great Plates 7 days a week During their regular business hours		Super Bowl Party Philly Cheese Steak Sloppy Joes on Bun Potato Chips, Kidney Bean Salad, Fruit, Dessert, Milk Lunch 11:00 Suggested Donation \$4.00	
COAL CITY	12	SARATOGA TOWERS	13	SARATOGA TOWER	14		15	SARATOGA TOWER	16
Chicken Parmesan w/Spaghetti Marinara, Garlic Bread, Green Beans, Tossed Salad, Dessert, Milk Lunch 12:00 Bingo to Follow Suggested Donation \$7.00		Office open 8AM-11AM to register for or reload Senior Dine Cards or acquire "Great Plates" Coupons		Valentine's Day Party Spaghetti & Meatballs W/ Marinara, Mixed Vegetables, Tossed Salad, Fruit, Rolls & Butter, Dessert, Milk Lunch 11:00 Bingo to Follow Catered by Upper Crust Suggested Donation \$7.00				Chicken Tacos w/cheese, Flour Tortillas Spanish Rice & Black Beans Mixed Vegetables, Tossed Salad, Fruit, Dessert, Milk Lunch 11:00 Suggested Donation \$4.00	
	19	MAZON	20	SARATOGA TOWER	21	Coal City	22	SARATOGA TOWER	23
Office Closed Presidents Day		Pulled pork on a Bun Roasted Potatoes, Baked Beans, Tossed Salad, Fruit, Dessert, Milk Euchre at 10:30 Lunch 12:00 Bingo to Follow Suggested Donation \$7.00		Meatloaf, Mashed Potatoes, Vegetables Normandy, Cole Slaw, Fruit. Bread & Butter, Dessert, Milk, Lunch 11:00 Bingo to Follow Catered by Upper Crust Suggested Donation \$7.00		Hot Italian Beef on Bun, Mashed w/gravy, Broccoli, Tossed Salad, Fruit, Dessert, Milk Bingo at 10AM Lunch 12:00 Suggested Donation \$7.00		Monthly Birthday Party Chicken Cornbread Casserole, Cole Slaw, Baked Beans, Fruit, Dessert, Milk Lunch 11:00 Suggested Donation \$4.00	
MINOOKA	26		27	SARATOGA TOWER	28				
Chicken a La King, Biscuit, Mixed Vegetables, Tossed Salad, Fruit, Dessert, Milk Lunch 12:00 Bingo to Follow Suggested Donation \$7.00				Chicken Pot Pie Tossed Salad, Pea Salad, Fruit, Dessert, Milk Catered by Upper Crust Suggested Donation \$7.00		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.			

Saratoga Towers Café serves meals daily at 11:30, open to public 60+ For your safety if you cannot eat all of your meal Refrigerate it right away!! Be safe! Please call 815-941-1590 to make or change a reservation. When you leave a message be assured we will follow through. Menu Subject to change due to availability of items. Thank You