

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



Community Nutrition Network & Senior Services Association

March 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
All meals are \$3.75 unless otherwise marked.	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.			1. Fish Patty on Bun, Potato Salad, Baked Beans, Fruit, Dessert, Milk Lunch 11:00 Suggested Donation \$4.00
4. SLOW ROASTED BEEF/GRAVY MASHED POTATOES BRUSSELS SPROUTS MULTI GRAIN BREAD CHILLED PEARS COOKIE Milk or Juice	5. TURKEY POT ROAST/GRAVY BAKED POTATO PEAS & CARROTS MULTI GRAIN BREAD CHEF'S FRUIT Milk or Juice	6. 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	7. CHICKEN TENDERS IN COUNTRY CHICKEN GRAVY, BREAD STUFFING, SWEET POTATO MASHED NORTHERN BEAN & TOMATO MEDLEY CRAN APPLESAUCE Milk or Juice	8. Tuna or Egg Salad on Bun, Roasted Vegetables, Kidney Bean Salad, Fruit, Milk, Dessert Lunch 11:00 Suggested Donation \$4.00
11. BAKED MEATLOAF W/ COUNTRY GRAVY CAULIFLOWER MASHED POTATOES MIXED VEGETABLES WHOLE WHEAT ROLL PINEAPPLE TID BITS Milk or Juice	12. BBQ PULLED PORK OVEN FRIES CARROT RAISIN SALAD WHEAT SANDWICH BUN WARM APPLE CRUMBLE Milk or Juice	13. Broiled Chicken Breast, Fettuccini Alfredo, Broccoli, Tossed Salad, Fruit, Garlic Bread, Dessert, Milk Lunch 11:00 Bingo to Follow Catered by Upper Crust Suggested Donation \$7.00	14. IRISH STEW W/PEAS, ONION & CELERY WHOLE IRISH POTATOES STEAMED CABBAGE DINNER ROLL LEPRECHUAN PISTACIO PUDDING Milk or Juice	15. St Patrick's Day Party Corned Beef & Cabbage, Potatoes & Carrots, Green Jello w/Fruit, Rye Bread & Butter, Dessert, Milk Lunch 11:00 Suggested Donation \$7.00
18. ROAST PORK & GRAVY AU GRATIN POTATOES PEAS & CARROTS WHEAT BREAD WHOLE APPLE Milk or Juice	19. CHEDDAR BROCCOLI CHICKEN RICE CASSEROLE CAULIFLOWER WHOLE WHEAT ROLL WARM PEAR CRANBERRY CRUMBLE Milk or Juice	20. Chicken Parmesan w/linguini Marina- ra, Tossed Salad, Green Beans, Rolls & Butter, Fruit, Dessert, Milk Lunch 11:00 Bingo to Follow Catered by Upper Crust Suggested Donation \$7.00	21. HOT DOG OVEN FRIES BEAN CASSEROLE WHEAT HOT DOG BUN BANANA Milk or Juice	22. Monthly Birthday Party Loaded Baked Potato w/cheese, Ham & sour cream, Hummus & Vegetables, Fruit, Milk, Dessert Lunch 11:00 Suggested Donation \$4.00
25. ROAST TURKEY & GRAVY BAKED SWEET POTATOES MIXED VEGETABLES BREAD STUFFING CHEF'S FRUIT Milk or Juice	26. SPAGHETTI & MEATBALL MARINARA MIXED SALAD GREENS MULTI GRAIN BREAD WARM PEACH COBBLER Milk or Juice	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	28. BAKED CHICKEN & GRAVY MASHED POTATOES CAULIFLOWER & RED PEPPERS WHEAT BREAD MANDARIN ORANGES Milk or Juice	29. Stuffed Peppers, Pasta w/ Marinara w/cheese Tossed Salad, Pea Salad, Fruit, Dessert, Milk Lunch 11:00 Suggested Donation \$4.00





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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COMMUNITY NUTRITION NETWORK

Monday		Tuesday		Wednesday		Thursday		FRIDAY	
SARATOGA TOWERS		SARATOGA TOWERS		SARATOGA TOWERS				SARATOGA TOWER 1	
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								Lunch 11:00 Suggested Donation \$4.00	
SARATOGA TOWERS 4		SARATOGA TOWERS 5		SARATOGA TOWER 6		7		SARATOGA TOWER 8	
Office open 8AM-11AM to register for or reload Senior Dine Cards or aquire "Great Plates" Coupons				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 				Tuna or Egg Salad on Bun, Roasted Vegetables, Kidney Bean Salad, Fruit, Milk, Dessert Lunch 11:00 Suggested Donation \$4.00	
COAL CITY 11		SARATOGA TOWERS 12		SARATOGA TOWER 13		14		SARATOGA TOWER 15	
Hot Ham & Cheese Sandwich, Potato Salad, Baked Beans, Tossed Salad, Fruit, 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 aquire "Great Plates" Coupons		Broiled Chicken Breast, Fettucini Alfredo, Broccoli, Tossed Salad, Fruit, Garlic Bread, Dessert, Milk  Lunch 11:00 Bingo to Follow Catered by Upper Crust Suggested Donation \$7.00				St Patrick's Day Party Corned Beef & Cabbage Potatoes & Carrots Green Jello w/Fruit,  Rye Bread & Butter, Dessert, Milk Lunch 11:00 Suggested Donation \$7.00	
		MAZON 19		SARATOGA TOWER 20		Coal City 21		SARATOGA TOWER 22	
Office Closed Presidents Day		Corned Beef & Cabbage Parsley Potatoes, Carrots Green Jello w/Fruit, Rye Bread & Butter, Dessert, Milk Euchre at 10:30 Lunch 12:00 Bingo to Follow Suggested Donation \$7.00		Chicken Parmesan w/linguini Marinara, Tossed Salad, Green Beans, Rolls & Butter, Fruit*, Dessert*, Milk Lunch 11:00 Bingo to Follow Catered by Upper Crust Suggested Donation \$7.00 		Meatloaf, Mashed Potatoes w/gravy, Broccoli, Tossed Salad, Rolls & Butter, Fruit, Dessert, Milk Bingo at 10:30AM Lunch 12:00 Suggested Donation \$7.00		Monthly Birthday Party Loaded Baked Potato w/cheese, Ham & sour cream, Hummus & Vegetables, Fruit, Milk, Dessert Lunch 11:00 Suggested Donation \$4.00	
MINOOKA 25		26		SARATOGA TOWER 27		28		SARATOGA TOWER 29	
Breaded Pork Tenderloins, Mashed Potatoes & Gravy, Vegetables, Fruit, Tossed Salad,Dessert, Milk Lunch 12:00 Bingo to Follow Suggested Donation \$7.00				Chicken a La King, Biscuit, Mixed Vegetables, Tossed Salad, Fruit, Dessert, Milk Catered by Upper Crust Suggested Donation \$7.00				Stuffed Peppers, Pasta w/ Marinara w/cheese Tossed Salad, Pea Salad, Fruit, Dessert, Milk Lunch 11:00 Suggested Donation \$4.00	

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