



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!</p> <p>Do not leave it sitting out. Please be safe. Each meal served with fat-free or skim milk.</p>				<p>1 Baked Pollock W/ Lemon Butter Sauce Baked Potato Calif Blend Veggies Wheat Bread Vanilla Mandarin Pudding</p>
<p>4 Slow Roasted Beef/Gravy Mashed Potatoes Brussel Sprouts Multi-Grain Bread Chilled Pears Cookie</p>	<p>5 Turkey Pot Roast /Gravy Baked Potato Peas & Carrots Multi-Grain Bread Chef's Fruit Banana</p>	<p>6 Spaghetti & Meatball Marinara Broccoli Wheat Vienna Chilled Peaches</p>	<p>7 Chicken Tenders/ Country Gravy Bread Stuffing Sweet Potato Mashed Northern Bean & Tomato Mix Cran Applesauce Pea Salad</p>	<p>8 Surimi Crab Alfredo Penne Pasta Zucchini W/ Red Peppers & Onions Chef's Veggie Dinner Roll Fruit Cup</p>	
<p>11 Baked Meatloaf W/ Country Gravy Cauliflower Mashed Potatoes Mixed Veggies Wheat Roll Pineapple Tidbits</p>	<p>12 BBQ Pulled Pork Oven Fries Carrot Raisin Salad Wheat Sandwich Bun Warm Apple Crumble Chef's Choice</p>	<p>13 Maple Mustard Glazed Chicken Thigh Scalloped Potatoes Baked Bean Casserole Wheat Bread Fruit Jell-O</p>	<p>14 Irish Stew W/ Peas, Onions, Carrots And Celery Irish Potatoes Steamed Cabbage Dinner Roll Leprechaun Pistachio Pudding</p>	<p>15 Cheese Omelette Hash Browned Potatoes Wheat Biscuit Apple Juice Fruit Yogurt Fresh Orange</p>	
<p>18 Roast Pork & Gravy Au Gratin Potatoes Peas & Carrots Wheat Bread Whole Apple</p>	<p>19 Cheddar Broccoli Chicken Rice Casserole Cauliflower Wheat Roll Warm Pear Crumble Pea Salad</p>	<p>20 Salisbury Steak /Gravy Mashed Potatoes Corn Multi-Grain Roll Pineapple Tidbits</p>	<p>21 Hotdog Oven Fries Bean Casserole Wheat Hotdog Bun Banana Fresh Melon</p>	<p>22 Classic Lasagna W/ Marinara Broccoli Chef's Choice Veggies Wheat Bread Oatmeal Raisin Cookie</p>	
<p>25 Roast Turkey & Gravy Baked Sweet Potatoes Mixed Vegetables Bread Stuffing Chef's Fruit</p>	<p>26 Spaghetti & Meatball Marinara Mixed Salad Greens Multi-Grain Bread Warm Peach Cobbler Fruit Cup</p>	<p>27 Shaved Pork W/ Mediterranean Sauce Scalloped Potatoes Brussel Sprouts Multi-Grain Bread Apple Sauce</p>	<p>28 Baked Chicken & Gravy Mashed Potatoes Cauliflower /Red Peppers Wheat Bread Mandarin Oranges</p>	<p>29 Citrus Alaskan Pollock Veggie Rice Pilaf Country Blend Veggies Multi-Grain Roll Chick Pea Salad Fresh Melon</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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Monee Meals on Wheels
5323 W. Margaret Street
Monee, IL 60449
CNN Site Manager: Tammie Durrett



March 2024

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!</p> <p>Do not leave it sitting out. Please be safe. Each meal served with fat-free or skim milk.</p>				<p>1 Baked Pollock W/ Lemon Butter Sauce Baked Potato Calif Blend Veggies Wheat Bread Vanilla Mandarin Pudding</p>
<p>4 Slow Roasted Beef/Gravy Mashed Potatoes Brussel Sprouts Multi-Grain Bread Chilled Pears Cookie</p>	<p>5 Turkey Pot Roast /Gravy Baked Potato Peas & Carrots Multi-Grain Bread Chef's Fruit Banana</p>	<p>6 Spaghetti & Meatball Marinara Broccoli Wheat Vienna Chilled Peaches</p>	<p>7 Chicken Tenders/ Country Gravy Bread Stuffing Sweet Potato Mashed Northern Bean & Tomato Mix Cran Applesauce Pea Salad</p>	<p>8 Surimi Crab Alfredo Penne Pasta Zucchini W/ Red Peppers & Onions Chef's Veggie Dinner Roll Fruit Cup</p>
<p>11 Baked Meatloaf W/ Country Gravy Cauliflower Mashed Potatoes Mixed Veggies Wheat Roll Pineapple Tidbits</p>	<p>12 BBQ Pulled Pork Oven Fries Carrot Raisin Salad Wheat Sandwich Bun Warm Apple Crumble Chef's Choice</p>	<p>13 Maple Mustard Glazed Chicken Thigh Scalloped Potatoes Baked Bean Casserole Wheat Bread Fruit Jell-O</p>	<p>14 Irish Stew W/ Peas, Onions, Carrots And Celery Irish Potatoes Steamed Cabbage Dinner Roll Leprechaun Pistachio Pudding</p>	<p>15 Cheese Omelette Hash Browned Potatoes Wheat Biscuit Apple Juice Fruit Yogurt Fresh Orange</p>
<p>18 Roast Pork & Gravy Au Gratin Potatoes Peas & Carrots Wheat Bread Whole Apple</p>	<p>19 Cheddar Broccoli Chicken Rice Casserole Cauliflower Wheat Roll Warm Pear Crumble Pea Salad</p>	<p>20 Salisbury Steak /Gravy Mashed Potatoes Corn Multi-Grain Roll Pineapple Tidbits</p>	<p>21 Hotdog Oven Fries Bean Casserole Wheat Hotdog Bun Banana Fresh Melon</p>	<p>22 Classic Lasagna W/ Marinara Broccoli Chef's Choice Veggies Wheat Bread Oatmeal Raisin Cookie</p>
<p>25 Roast Turkey & Gravy Baked Sweet Potatoes Mixed Vegetables Bread Stuffing Chef's Fruit</p>	<p>26 Spaghetti & Meatball Marinara Mixed Salad Greens Multi-Grain Bread Warm Peach Cobbler Fruit Cup</p>	<p>27 Shaved Pork W/ Mediterranean Sauce Scalloped Potatoes Brussel Sprouts Multi-Grain Bread Apple Sauce</p>	<p>28 Baked Chicken & Gravy Mashed Potatoes Cauliflower /Red Peppers Wheat Bread Mandarin Oranges</p>	<p>29 Citrus Alaskan Pollock Veggie Rice Pilaf Country Blend Veggies Multi-Grain Roll Chick Pea Salad Fresh Melon</p>

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



March 2024

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!</p> <p>Do not leave it sitting out. Please be safe. Each meal served with fat-free or skim milk.</p>			
4 Slow Roasted Beef/Gravy Mashed Potatoes Brussel Sprouts Multi-Grain Bread Chilled Pears Cookie	5 Turkey Pot Roast /Gravy Baked Potato Peas & Carrots Multi-Grain Bread Chef's Fruit Banana	6 Spaghetti & Meatball Marinara Broccoli Wheat Vienna Chilled Peaches	7 Chicken Tenders/ Country Gravy Bread Stuffing Sweet Potato Mashed Northern Bean & Tomato Mix Cran Applesauce Pea Salad	8 Surimi Crab Alfredo Penne Pasta Zucchini W/ Red Peppers & Onions Chef's Veggie Dinner Roll Fruit Cup
11 Baked Meatloaf W/ Country Gravy Cauliflower Mashed Potatoes Mixed Veggies Wheat Roll Pineapple Tidbits	12 BBQ Pulled Pork Oven Fries Carrot Raisin Salad Wheat Sandwich Bun Warm Apple Crumble Chef's Choice	13 Maple Mustard Glazed Chicken Thigh Scalloped Potatoes Baked Bean Casserole Wheat Bread Fruit Jell-O	14 Irish Stew W/ Peas, Onions, Carrots And Celery Irish Potatoes Steamed Cabbage Dinner Roll Leprechaun Pistachio Pudding	15 Cheese Omelette Hash Browned Potatoes Wheat Biscuit Apple Juice Fruit Yogurt Fresh Orange
18 Roast Pork & Gravy Au Gratin Potatoes Peas & Carrots Wheat Bread Whole Apple	19 Cheddar Broccoli Chicken Rice Casserole Cauliflower Wheat Roll Warm Pear Crumble Pea Salad	20 Salisbury Steak /Gravy Mashed Potatoes Corn Multi-Grain Roll Pineapple Tidbits	21 Hotdog Oven Fries Bean Casserole Wheat Hotdog Bun Banana Fresh Melon	22 Classic Lasagna W/ Marinara Broccoli Chef's Choice Veggies Wheat Bread Oatmeal Raisin Cookie
25 Roast Turkey & Gravy Baked Sweet Potatoes Mixed Vegetables Bread Stuffing Chef's Fruit	26 Spaghetti & Meatball Marinara Mixed Salad Greens Multi-Grain Bread Warm Peach Cobbler Fruit Cup	27 Shaved Pork W/ Mediterranean Sauce Scalloped Potatoes Brussel Sprouts Multi-Grain Bread Apple Sauce	28 Baked Chicken & Gravy Mashed Potatoes Cauliflower /Red Peppers Wheat Bread Mandarin Oranges	29 Citrus Alaskan Pollock Veggie Rice Pilaf Country Blend Veggies Multi-Grain Roll Chick Pea Salad Fresh Melon

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Lockport Township Community Café
1463 S. Farrell Rd
Lockport, IL 60441
CNN Café Manager: Vicki Gelfo





March 2024

Community Nutrition Network & Senior Services Association



Days: Monday-Friday
Times: 11:15 AM-12:15 PM
Phone: (815) 351-8963

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!</p> <p>Do not leave it sitting out. Please be safe. Each meal served with fat-free or skim milk.</p>				<p>1 Baked Pollock W/ Lemon Butter Sauce Baked Potato Calif Blend Veggies Wheat Bread Vanilla Mandarin Pudding</p>
<p>4 Slow Roasted Beef/Gravy Mashed Potatoes Brussel Sprouts Multi-Grain Bread Chilled Pears Cookie</p>	<p>5 Turkey Pot Roast /Gravy Baked Potato Peas & Carrots Multi-Grain Bread Chef's Fruit Banana</p>	<p>6 Spaghetti & Meatball Marinara Broccoli Wheat Vienna Chilled Peaches</p>	<p>7 Chicken Tenders/ Country Gravy Bread Stuffing Sweet Potato Mashed Northern Bean & Tomato Mix Cran Applesauce Pea Salad</p>	<p>8 Surimi Crab Alfredo Penne Pasta Zucchini W/ Red Peppers & Onions Chef's Veggie Dinner Roll Fruit Cup</p>
<p>11 Baked Meatloaf W/ Country Gravy Cauliflower Mashed Potatoes Mixed Veggies Wheat Roll Pineapple Tidbits</p>	<p>12 BBQ Pulled Pork Oven Fries Carrot Raisin Salad Wheat Sandwich Bun Warm Apple Crumble Chef's Choice</p>	<p>13 Maple Mustard Glazed Chicken Thigh Scalloped Potatoes Baked Bean Casserole Wheat Bread Fruit Jell-O</p>	<p>14 Irish Stew W/ Peas, Onions, Carrots And Celery Irish Potatoes Steamed Cabbage Dinner Roll Leprechaun Pistachio Pudding</p>	<p>15 Cheese Omelette Hash Browned Potatoes Wheat Biscuit Apple Juice Fruit Yogurt Fresh Orange</p>
<p>18 Roast Pork & Gravy Au Gratin Potatoes Peas & Carrots Wheat Bread Whole Apple</p>	<p>19 Cheddar Broccoli Chicken Rice Casserole Cauliflower Wheat Roll Warm Pear Crumble Pea Salad</p>	<p>20 Salisbury Steak /Gravy Mashed Potatoes Corn Multi-Grain Roll Pineapple Tidbits</p>	<p>21 Hotdog Oven Fries Bean Casserole Wheat Hotdog Bun Banana Fresh Melon</p>	<p>22 Classic Lasagna W/ Marinara Broccoli Chef's Choice Veggies Wheat Bread Oatmeal Raisin Cookie</p>
<p>25 Roast Turkey & Gravy Baked Sweet Potatoes Mixed Vegetables Bread Stuffing Chef's Fruit</p>	<p>26 CLOSED</p>	<p>27 Shaved Pork W/ Mediterranean Sauce Scalloped Potatoes Brussel Sprouts Multi-Grain Bread Apple Sauce</p>	<p>28 Baked Chicken & Gravy Mashed Potatoes Cauliflower /Red Peppers Wheat Bread Mandarin Oranges</p>	<p>29 Citrus Alaskan Pollock Veggie Rice Pilaf Country Blend Veggies Multi-Grain Roll Chick Pea Salad Fresh Melon</p>

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