

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



# February 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>			<p><b>1</b> Cheese Omelette Hash Brown Potatoes Wheat Biscuit Fruit Yogurt Fresh Orange</p>	<p><b>2</b> Swedish Meatballs Mashed Potatoes Broccoli Multi Grain Bread Fresh Melon</p>
<p><b>5</b> Roast Pork &amp; Gravy Au Gratin Potatoes Peas &amp; Carrots Wheat Bread Whole Apple</p>	<p><b>6</b> Cheddar Broccoli Chicken Rice Casserole Cauliflower Wheat Roll Pear and Cranberry Crumble Pea Salad</p>	<p><b>7</b> Salisbury Steak/ Gravy Mashed Potatoes Corn Dinner Roll Pineapple Tidbits</p>	<p><b>8</b> Hotdog /w Bun Oven Fries Bean Casserole Banana Fresh Melon</p>	<p><b>9</b> Shaved Pork/ Mediterranean sauce Scalloped Potatoes Brussel Sprouts Multi Grain Bread Apple Sauce</p>
<p><b>12</b> Roast Turkey &amp; Gravy Baked Sweet Potatoes Mixed Veggies Bread Stuffing Chef's Fruit</p>	<p><b>13</b> Spaghetti &amp; Meatballs Mixed Salad Greens Multi Grain Bread Warm Peach Cobbler Fruit Cup</p>	<p><b>14</b> Classic Lasagna W/ Alfredo Sauce Broccoli Chef Choice Veggies Wheat Bread Oatmeal Raisin Cookie</p>	<p><b>15</b> Baked Chicken &amp; Gravy Mashed Potatoes Cauliflower &amp; Red Peppers Wheat Bread Mandarin Oranges</p>	<p><b>16</b> Citrus Alaskan Pollock Veggie Rice Pilaf Grain Dinner Roll Chick Pea Salad Fresh Melon</p>
<p><b>19</b></p> <p><b><u>CLOSED</u></b></p>	<p><b>20</b> Bbq Riblet Oven Fries Black Bean &amp; Corn Wheat Bun Whole Apple</p>	<p><b>21</b> Roast Turkey w/ Cheddar Ale Sauce Veggie Rice Pilaf Broccoli Biscuit Chef's Fruit Oatmeal Raisin Cookie</p>	<p><b>22</b> Western Eggs Hash Brown Potatoes Maple Glazed Pears Raisin Bread Cranberry Juice Banana</p>	<p><b>23</b> Eggplant Parmesan Penne Pasta / Marinara Squish Medley Wheat Vienna Chilled Peaches</p>
<p><b>26</b> Sliced Bavarian Style Bratwurst Diced Potatoes Carrots Rye Bread Fresh Melon</p>	<p><b>27</b> Chicken Chardonnay Mashed Potatoes Broccoli Multi Grain Bread Fresh Orange Chocolate Pudding</p>	<p><b>28</b> Texas Chili Mac &amp; Cheese Country Blend Veggies Multi Grain Bread Fruit Cup</p>	<p><b>29</b> Veal Marsala Scalloped Potatoes Stewed Tomatoes Multi Grain Bread Chilled Pears Beet Salad</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. CNNSSA 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.