

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



August 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>1 Baked meatloaf /gravy Mashed potatoes Carrots & Chives Wheat Bread Chilled peaches</p>	<p>2 Potato crusted fish filet Au Gratin potatoes Peas Whole wheat bread Applesauce</p>
<p>5 Meatball marinara sub Potatoes Italiano Italian green beans Wheat French roll Whole orange</p>	<p>6 Salisbury Steak Mashed Potatoes\Gravy Cabbage & Carrots Multi-Grain Bread Mixed Fruit Oatmeal Raisin Cookie</p>	<p>7 Roasted turkey breast & Wisconsin cheddar Wheat Kaiser Lettuce & Tomato Pea salad Pineapple Tid-Bits</p>	<p>8 Lemon basil chicken Garden Vegetables Corn & black beans Multi-Grain dinner roll Applesauce</p>	<p>9 Veal parmesan Penne Pasta/ marinara Broccoli Wheat Vienna bread Fresh melon</p>
<p>12 Chicken ala orange Vegetable rice pilaf Northern beans Bran muffin bread Chilled peaches</p>	<p>13 French dip beef w/ mush- rooms & onions Oven fries Corn French roll Apple</p>	<p>14 Classic Lasagna W/ Meat Sauce Squash Medley Italian Green Beans Whole Wheat Bread Chilled Pears</p>	<p>15 Surimi Crab Salad Mixed Greens W/ Tomato Wedges Dilled Cucumbers Apple Cinnamon Muffin Fruit Cup</p>	<p>16 Hot Dog Twice Baked Potato Casserole Peas & Carrots Wheat Hot Dog Bun Banana</p>
<p>19 Bbq Riblet Sweet Potato Mashed Chef's Vegetable Wheat Sandwich Bun Strawberry Yogurt</p>	<p>20 Hamburger Bean Casserole Mixed Vegetables Wheat Bun Fruit Sunburst</p>	<p>21 BLT Chicken Salad Mixed Salad Greens W/ Tomato Wedges Tri-Bean Salad Corn Bread Mandarin Oranges</p>	<p>22 Spaghetti & Meatballs / Marinara Sauce Capri Blend Vegetables Wheat Bread Chilled Pears</p>	<p>23 Herbed Baked Chicken Mashed Potatoes / Gra- vy Green Bean Casserole Bran Muffin Bread Whole Apple</p>
<p>26 Baked Meatloaf w/ Gra- vy Mashed Potatoes Stewed Tomatoes Whole Wheat Bread Whole Orange</p>	<p>27 Eggs w/ biscuits & gravy Diced hash browns Apple cobbler Juice Banana</p>	<p>28 Slow roasted beef Au Gratin potatoes Carrots & Chives Multi-Grain Roll Mixed fruit</p>	<p>29 Asian glazed chicken Citrus brown rice Broccoli Multi grain bread Mandarin orange Jell-O Fortune cookie</p>	<p>30 Turkey pasta salad Lettuce & tomato Tri-bean salad Wheat Bread Pineapple Tid-Bits</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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