

Frankfort Township
11000 Lincoln Highway
Frankfort, IL 60423



October 2024

Community Nutrition Network & Senior Services Association



Days: Monday-Friday
Times: 11:30 AM-1:30 PM
Phone: (815) 351-8995

CNN Café Manager: Patricia Backus

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 Cheddar broccoli chicken rice casserole Cauliflower Wheat roll Warm pear and cranberry crumble Pea salad</p>	<p>2 Salisbury steak/gravy Mashed potatoes Corn Dinner roll Pineapple Tidbits</p>	<p>3 Hot Dog Over Fries Bean Casserole Wheat hotdog bun Banana Fresh melon</p>	<p>4 Classic lasagna w/meat sauce Broccoli Chef's Vegetable Wheat bread Oatmeal raisin cookie</p>
<p>7 Roast turkey & gravy Baked sweet potatoes Mixed Vegetables Bread stuffing Chef's Fruit</p>	<p>8 Spaghetti & meatball marinara Mixed salad greens Multi grain bread Warm peach cobbler Fruit cup</p>	<p>9 Hamburger German potato salad Green beans Wheat sandwich bun Apple sauce</p>	<p>10 Chicken Vesuvio Mashed potatoes Cauliflower & red pepper Wheat bread Mandarin oranges Chef's choice veggie</p>	<p>11 Citrus Alaskan Pollock Vegetable rice pilaf Country blend vegetable Multi grain dinner roll Chick pea salad</p>
<p>14 CLOSED INDIGENOUS PEOPLES' DAY</p>	<p>15 Bbq Riblet Oven fries Black beans & Corn Wheat sandwich bun Whole apple Chef's Choice Veggie</p>	<p>16 Roast turkey/ cheddar ale sauce Vegetable rice pilaf Broccoli Biscuit Chef's fruit Oatmeal raisin cookie</p>	<p>17 Western Eggs Hash browned potatoes Maple glazed pears Raisin bread Cranberry juice Banana</p>	<p>18 Chicken breast parmesan Penne pasta Squash medley Wheat Vienna Chilled peaches</p>
<p>21 Bavarian Bratwurst Diced Parslied Carrots Rye Bread Fresh Melon</p>	<p>22 Chicken chardonnay Mashed potatoes Broccoli Multi Grain Bread Fresh Orange Chocolate Pudding</p>	<p>23 Texas Chili Mac & Cheese Country Blend Veggie Multi Grain Bread Fruit Cup</p>	<p>24 Veal Marsala Scalloped Potatoes Stewed Tomatoes Multi Grain Bread Chilled Pears Beet Salad</p>	<p>25 Baked Pollock Piccata Baked Potato California Blend Wheat Bread Lemon Mandarin Pudding</p>
<p>28 Slowed Roasted Beef/ Gravy Mashed Potatoes Brussel Sprouts Bread Chilled Pears Cookie</p>	<p>29 Turkey Pot Roast/ Gravy Baked Potato Peas & Carrots Multi Grain Bread Chef's Fruit Banana</p>	<p>30 Spaghetti & Meatball Marinara Broccoli Wheat Vienna Chilled Peaches</p>	<p>31 Chicken Tenders /country gravy Bread stuffing Sweet potato mashed Bean & Tomato Medley Apple Pea 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.