



If you have any questions or  
problems please call our office at  
1-815-941-1590.

This menu is approved for use by Georgis title III C  
Nutrition Sites. K. Leicht, RD LDN MBA

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>4. BAKED MEATLOAF W/ COUNTRY GRAVY CAULIFLOWER MASHED POTATOES MIXED VEGETABLES WHOLE WHEAT ROLL PINEAPPLE TID BITS Milk or juice</p>	 <p>5. BBQ PULLED PORK CARROT RAISIN SALAD WHEAT SANDWICH BUN WARM APPLE CRUMBLE Milk or Juice</p>	 <p>6. MISO GLAZED CHICKEN THIGH SCALLOPED POTATOES BAKED BEAN CASSEROLE WHEAT BREAD FRUIT JELLO Milk or juice</p>	 <p>7. CHEESE OMELETTE HASH BROWNED POTATOES WHOLE WHEAT BISCUIT APPLE JUICE, FRUIT YOGURT FRESH ORANGE Milk or juice <b>Office Closed for Volunteer Luncheon</b></p>	<p>1. SURIMI CRAB ALFREDO PENNE PASTA ZUCCHINI W RED PEPPERS &amp; ONIONS CHEF'S CHOICE VEGETABLE WHOLE WHEAT ROLL FRUIT CUP Milk or juice</p> <p>8. SWEDISH MEATBALLS/GRAVY MASHED POTATOES, BROCCOLI, MULTI GRAIN BREAD FRESH MELON Milk or juice</p>
<p>11. ROAST PORK &amp; GRAVY AU GRATIN POTATOES PEAS &amp; CARROTS WHEAT BREAD WHOLE APPLE Milk or juice <b>Office Closed For Veteran's Day</b></p>	<p>12. CHEDDAR BROCCOLI CHICKEN RICE CASSEROLE CAULIFLOWER WHOLE WHEAT ROLL WARM PEAR CRANBERRY CRUMBLE Milk or juice</p>	<p>13. SALISBURY STEAK/GRAVY MASHED POTATOES CORN MULTI-GRAIN DINNER ROLL PINEAPPLE TIDBITS Milk or juice</p>	<p>14. HOT DOG OVEN FRIES BEAN CASSEROLE WHEAT HOT DOG BUN BANANA Milk or juice</p>	<p>15. CLASSIC LASAGNA W/ MEAT SAUCE BROCCOLI CHEF'S CHOICE VEGETABLE WHEAT BREAD OATMEAL RAISIN COOKIE Milk or juice</p>
<p>18. ROAST TURKEY &amp; GRAVY BAKED SWEET POTATOES MIXED VEGETABLES BREAD STUFFING CHEF'S FRUIT Milk or juice</p>	<p>19. SPAGHETTI &amp; MEATBALL MARINARA MIXED SALAD GREENS MULTI GRAIN BREAD WARM PEACH COBBLER Milk or juice</p>	<p>20. HAMBURGER GERMAN POTATO SALAD GREEN BEANS WHEAT SANDWICH BUN APPLE SAUCE Milk or juice</p>	<p>21. BAKED CHICKEN VESUVIO MASHED POTATOES CAULIFLOWER &amp; RED PEPPERS WHEAT BREAD MANDARIN ORANGES Milk or Juice</p>	<p>22. CITRUS ALASKAN POLLOCK VEGETABLE RICE PILAF COUNTRY BLEND VEGETABLE MULTI GRAIN DINNER ROLL CHICK PEA SALAD FRESH MELON Milk or juice</p>
<p>25. ROAST TURKEY &amp; GRAVY BAKED SWEET POTATOES MIXED VEGETABLES BREAD STUFFING CHEF'S FRUIT Milk or juice</p>	<p>26. BBQ RIBLET OVEN FRIES BLACK BEANS &amp; CORN WHEAT SANDWICH BUN WHOLE APPLE Milk or juice</p>	<p>27. HOT ROAST BEEF MASHED POTATOES/GRAVY PEAS &amp; CARROTS WHEAT BREAD FRESH ORANGE Milk or juice</p>	<p>28. <b>Office is Closed Today Happy Thanksgiving</b></p> 	<p>29. <b>Office is Closed Today Happy Thanksgiving</b></p>

**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.

**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.**

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