

CNN Saratoga Towers
Meal Program
1700 Newton Place
Morris, IL 60450
Phone: (815)941-1590

Community Nutrition Network & Senior Services Association



Funding in part is provided by
Age Guide and United Way of
Grundy County



November 2024

Patty Strahan Nutrition Director

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



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

<p>Monday</p> 	<p>Tuesday</p> 	<p>Wednesday</p> 	<p>Thursday</p> <p>All meals are \$4.75 unless otherwise marked.</p>	<p>Friday</p> <p>1. Chicken a La King, Biscuit, Mixed Vegetables, Tossed Salad, Fruit, Dessert, Milk Lunch 11:00 Suggested Donation \$5.00</p>
<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. Thanksgiving Dinner Party Roast Turkey & Dressing, Mashed, Potatoes & Gravy, Green Beans, Dinner Rolls & Butter, Cranberry Sauce, Fruit, Dessert, Milk Lunch 11:00 Bingo to Follow Catered by Upper Crust Suggested Donation \$8.00</p>	<p>7. CHEESE OMELETTE HASH BROWNED POTATOES WHOLE WHEAT BISCUIT APPLE JUICE, FRUIT YOGURT FRESH ORANGE Milk or juice Office Closed for Volunteer Luncheon</p>	<p>8. Meatball Sandwich on Bun w/ Baked Mostaccioli Marinara, Peas & Carrots, Tossed Salad, Fruit, Milk, Dessert Lunch 11:00 Suggested Donation \$5.00</p>
<p>11. ROAST PORK & GRAVY AU GRATIN POTATOES PEAS & CARROTS WHEAT BREAD, WHOLE APPLE, Milk or juice Office Closed For Veteran's Day</p>	<p>12. CHEDDAR BROCCOLI CHICKEN RICE CASSEROLE CAULIFLOWER WHOLE WHEAT ROLL WARM PEAR CRANBERRY CRUMBLE, Milk or juice</p>	<p>13. Scalloped Potatoes and Ham, Tossed Salad, Green Beans, Rolls & Butter, Fruit, Dessert, Milk Lunch 11:00 Bingo to Follow Catered by Upper Crust Suggested Donation \$8.00</p>	<p>14. HOT DOG OVEN FRIES BEAN CASSEROLE WHEAT HOT DOG BUN BANANA Milk or juice</p>	<p>15. Pot Luck, will include Entrée, Potatoes, Veggies, Rolls & Butter, Fruit, Dessert, Milk Lunch 11:00 Suggested Donation \$5.00</p>
<p>18. ROAST TURKEY & GRAVY BAKED SWEET POTATOES MIXED VEGETABLES BREAD STUFFING CHEF'S FRUIT Milk or juice</p>	<p>19. SPAGHETTI & MEATBALL MARINARA MIXED SALAD GREENS MULTI GRAIN BREAD WARM PEACH COBBLER Milk or juice</p>	<p>20. Yankee Pot Roast w/Carrots & Potatoes, Tossed Salad, Biscuits & Butter, Fruit, Dessert, Milk Lunch 11:00 Bingo to Follow Catered by Upper Crust Suggested Donation \$8.00</p>	<p>21. BAKED CHICKEN VESUVIO MASHED POTATOES CAULIFLOWER & RED PEPPERS WHEAT BREAD MANDARIN ORANGES Milk or Juice</p>	<p>22. Monthly Birthday Party Tomato Soup, Gourmet Grilled Cheese, (it's a grilled cheese with either chicken Parm or sliced Pork Chop Inside) Tossed Salad, Kidney Bean Salad, Chips, Fruit, Dessert, Milk Lunch 11:00 Suggested Donation \$5.00</p>
<p>25. ROAST TURKEY & GRAVY BAKED SWEET POTATOES MIXED VEGETABLES BREAD STUFFING CHEF'S FRUIT Milk or juice</p>	<p>26. BBQ RIBLET OVEN FRIES BLACK BEANS & CORN WHEAT SANDWICH BUN WHOLE APPLE Milk or juice</p>	<p>27. Spaghetti & Meatballs W/ Marinara, Mixed Vegetables, Tossed Salad, Fruit, Rolls & Butter, Dessert, Milk Lunch 11:00 Bingo to Follow Catered by Upper Crust Suggested Donation \$8.00</p>	<p>28. Office is Closed Today Happy Thanksgiving</p> 	<p>29. Office is Closed Today Happy Thanksgiving</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.

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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.