



These menus are approved for use by title IIIC Nutrition Programs. K. Leicht, RD LDN MBA

815-941-1590

# COMMUNITY NUTRITION NETWORK

Monday		Tuesday		Wednesday		Thursday		FRIDAY	
				SARATOGA TOWERS 1		2		SARATOGA TOWER 3	
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.				<p>Happy New Year!</p> <p><b>Closed Happy New Year</b></p>		<p>Funding in part is provided by Northeastern Illinois Area on Aging and United Way of Grundy County</p>		<p>Ham &amp; Bean Vegetable Soup, Tossed Salad, Corn Bread, Fruit, Dessert, Milk</p> <p>Lunch 11:00 Suggested Donation \$5.00</p>	
SARATOGA TOWERS 6		7		SARATOGA TOWER 8		9		SARATOGA TOWER 10	
<p><b>Office open 8AM-11AM to register for or reload Senior Dine Cards or acquire "Great Plates" Coupons</b></p> <p>Meals are now a \$7 Suggested Donation</p>				<p><b>New Years Party</b></p> <p>Herb Roasted Chicken Thyme Roasted Potatoes, Green Beans, Rolls &amp; Butter, Tossed Salad, Fruit, Dessert, Milk</p> <p>Lunch 11:00 Bingo to Follow Catered by Upper Crust Suggested Donation \$8.00</p>				<p>Meatball Sandwich, Spaghetti Marinara, Tossed Salad, Mixed Vegetables, Fruit, Dessert, Milk</p> <p>Lunch 11:00 Suggested Donation \$5.00</p>	
Coal City 13		SARATOGA TOWERS 14		SARATOGA TOWER 15		16		SARATOGA TOWER 17	
<p>Oven Baked Fried Chicken Mashed Potatoes w/Gravy, Corn, Tossed Salad, Fruit, Dessert, Milk</p> <p>Catered by Upper Crust Lunch 12:00 Bingo to Follow Suggested Donation \$8.00</p>		<p><b>Office open 8AM-11AM to register for or reload Senior Dine Cards or acquire "Great Plates" Coupons</b></p> <p>Meals are now a \$7 Suggested Donation</p>		<p>Beef Burgers w/onion, lettuce, tomato &amp; Cheese, Lyonnnais Potatoes, Corn, Tossed Salad, Fruit, Dessert, Milk</p> <p>Lunch 11:00 Bingo to Follow Catered by Upper Crust Suggested Donation \$8.00</p>				<p>Traditional Sloppy Joes on Bun, Baked Beans, Potato Salad, Tossed Salad, Fruit, Milk, Dessert</p> <p>Lunch 11:00 Suggested Donation \$5.00</p>	
20		MAZON 21		SARATOGA TOWER 22		Coal City 23		SARATOGA TOWER 24	
<p><b>Office Closed for Martin Luther King Day</b></p>		<p>Pork Tenderloin, Mashed Potatoes w/Gravy, Green Beans, Cole Slaw, Rolls &amp; Butter, Dessert, Milk</p> <p>Catered by Upper Crust. Euchre at 10:30 Lunch 12:00 Bingo to Follow Suggested Donation \$8.00</p>		<p>Chicken a La King, Biscuit, Mixed Vegetables, Tossed Salad, Fruit, Dessert, Milk</p> <p>Lunch 11:00 Bingo to Follow Catered by Upper Crust Suggested Donation \$8.00</p>		<p>Ham w/Honey Mustard Glaze Scalloped Potatoes, Peas &amp; Carrots, Cornbread, Fruit, Dessert, Milk</p> <p>Catered by Upper Crust. Bingo at 10:30AM Lunch 12:00 Suggested Donation \$8.00</p>		<p><b>Pot Luck, will include Entrée, Potatoes, Veggies, Rolls &amp; Butter, Fruit, Dessert, Milk</b></p> <p>Lunch 11:00 Suggested Donation \$5.00</p>	
MINOOKA 27		28		29		30		SARATOGA TOWER 31	
<p>Baked Beef Mostaccioli, Tossed Salad, Green Beans, Dinner Rolls &amp; Butter, Fruit, Dessert, Milk</p> <p>Catered by Upper Crust Lunch 12:00 Bingo to Follow Suggested Donation \$8.00</p>				<p>Stuffed Peppers, Mashed Potatoes w/gravy, Tossed Salad, Rolls &amp; Butter, Fruit, Dessert, Milk</p> <p>Lunch 11:00 Bingo to Follow Catered by Upper Crust Suggested Donation \$8.00</p>				<p><b>Monthly Birthday Party</b></p> <p>Loaded Baked Potato Bar w/cheese, Broccoli, Sour Cream, Crumbled Bacon, and Green Onion, Rolls &amp; Butter, Baked Beans, Tossed Salad, Fruit, Dessert, Milk</p> <p>Lunch 11:00 Suggested Donation \$5.00</p>	

Saratoga Towers Café serves meals daily at 11:30, open to public 60+ For your safety if you cannot eat all of your meal Refrigerate it right away!! Be safe! Please call 815-941-1590 to make or change a reservation. When you leave a message be assured we will follow through. Menu Subject to change due to availability of items. Thank You