

Frankfort Township
11000 Lincoln Highway
Frankfort, IL 60423




December 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
2 Bavarian Bratwurst Diced Parslied Potatoes Carrots Rye Bread Fresh Melon	3 Chicken chardonnay Mashed potatoes Broccoli Multi Grain Bread Fresh Orange Chocolate Pudding	4 Texas Chili Mac & Cheese Country Blend Veggie Multi Grain Bread Fruit Cup	5 Veal Marsala Scalloped Potatoes Stewed Tomatoes Multi Grain Bread Chilled Pears Beet Salad	6 Baked Pollock Piccata Baked Potato California Blend Wheat Bread Lemon Mandarin Pudding
9 Slowed Roasted Beef/Gravy Mashed Potatoes Brussel Sprouts Bread Chilled Pears Cookie	10 Turkey Pot Roast/ Gravy Baked Potato Peas & Carrots Multi Grain Bread Chef's Fruit Banana	11 Spaghetti & Meatball Marinara Broccoli Wheat Vienna Chilled Peaches	12 Chicken Tenders /country gravy Bread stuffing Sweet potato mashed Bean & Tomato Medley Apple Pea Salad	13 Surimi Crab Alfredo Penne Pasta Zucchini /Red Pepper & Onions Chef's Veggie Whole Wheat Roll Fruit Cup
16 Baked Meatloaf w/ Gravy Cauliflower Mashed Potatoes Mixed Vegetables Whole Wheat Roll Pineapple Tid-Bits	17 Bbq Pulled Pork Oven Fries Carrot Raisin Salad Wheat Sandwich Bun Warm Apple Crumble Chef's Choice	18 Miso Glazed Chicken Thighs Scalloped Potatoes Baked Bean Casserole Wheat Bread Fruit Jello	19 Cheese Omelette Hash Browned Potatoes Whole Wheat Biscuit Apple Juice Fruit Yogurt Fresh Orange	20 Swedish Meatballs /Gravy Mashed Potatoes Broccoli Multi Grain Bread Fresh Melon
23 Baked Ham Cran Raisin Sauce Baked Potato Mixed Vegetable Rye Bread Dessert	24 CLOSED HAPPY HOLIDAYS!	25 CLOSED HAPPY HOLIDAYS!	26 Hot Dog Over Fries Bean Casserole Wheat hotdog bun Banana Fresh melon	27 Classic lasagna w/meat sauce Broccoli Chef's Vegetable Wheat bread Oatmeal raisin cookie
30 Roast Turkey & Gravy Baked Sweet Potatoes Mixed Vegetables Bread Stuffing Chefs Fruit	31 CLOSED HAPPY HOLIDAYS!	 <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>		

Menu subject to change due to availability of items. Funding part is provided by AgeGuide

Suggested Lunch Donation: \$5.00

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.
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