### CNN Saratoga Towers
**Meal Program**
1700 Newton Place
Morris, IL 60450

**March 2020**

*Days: Mondays-Fridays*
*Times: 8:00am-3:30 pm*
*Phone: (815)941-1590*

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#### Community Nutrition Network & Senior Services Association

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

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**Monday**

- 3 oz luau pork, 1/2 c sweet potato puffs, 1/2 c mixed vegetables, 1/2 c mandarin oranges, 1.25 oz Hawaiian roll w/margarine, cookie

**Tuesday**

- 3 oz oriental chicken, 1/2 c peas, 1/2 c Asian rice, 1/2 c Asian coleslaw, wheat roll w/margarine, 1/2 c pineapple

**Wednesday**

- Meat Loaf. Mashed Potatoes & Gravy, Tossed Salad, Green Beans, Rolls & Butter, Fruit, Dessert, Milk
  - Catered by Upper Crust
  - Lunch 11:30 Bingo 12:30
  - Suggested Donation $6.00

**Thursday**

- 3 oz meatballs and vodka sauce, 1/2 c pasta, 1/2 c green beans, 1/2 c fruit juice, sour dough roll/margarine, 1/2 c applesauce

**Friday**

- 7 oz Goulash, Tossed Salad, Tuna Noodle Casserole, Kidney Bean Salad, Fruit, Milk, Dessert
  - LUNCH 11:30 Bingo 12:30
  - Suggested Donation $5.00

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**Saturday**

- 3 oz Maxwell Street Smoked polish sausage on wheat bun and mustard packet, 1/2 c potato salad, 1/2 c baked beans, 1/2 c pineapple

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**March For Meals Community Lunch**

- Corned Beef & Cabbage, Parsley Potatoes, Carrots, Green Jello w/Fruit, Rye Bread & Butter, Dessert, Milk
  - Catered by Upper Crust
  - Lunch 11:30 Bingo 12:30
  - Suggested Donation $6.00

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**Monday**

- 3 oz stuffed cabbage rolls, 1/2 c scalloped potatoes, 1/2 c corn, 1 oz Wheat roll w/butter, banana, cookie

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**Tuesday**

- 3 oz prime rib w/au jus, 1/2 c Augratin potato, 1/2 c green beans, multi grain roll/margarine, 1/2 c peaches

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**Wednesday**

- Beef Stroganoff, Peas & Carrots, Applesauce, Rolls & Butter, Tossed Salad, Dessert, Milk
  - Catered by R Place
  - Lunch 11:30 Bingo 12:30
  - Suggested Donation $6.00

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**Thursday**

- 3 oz southern chicken w/country gravy, 1/2 c mashed potatoes, 1/2 c corn, roll w/margarine, 1/2 c fruit salad, oatmeal bar

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**Friday**

- 3 oz Italian sausage w/red sauce, 1/2 c peas, 1/2 c pasta, 1/2 c apples, 1/2 c broccoli salad, wheat bun

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**Saturday**

- 3 oz stuffed pepper w/sauce, 1/2 c garlic potato, 1/2 c carrots/dill butter, muffin, apple

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**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.