

Community Action- Senior Home Delivery Menu August 2011

Monday		Wednesday		Friday
August 1, 2011		August 3, 2011		August 5, 2011
<i>Hot Meal</i>	<i>Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	
Hot Dog/ Whole Grain Bun Scalloped Potatoes Marinated Cucumbers & Onions Cinnamon Apples	Sloppy Joes/ Bun Buttered Corn Garbanzo Bean Salad Pears Gingerbread	Taco Salad (Meat, Lettuce, Tomato) Refried Beans Tortilla/ Corn Chips Tropical Fruit	Baked Turkey Cutlet Brown Rice Seasoned Broccoli Scandinavian Vegetables Plums	Ham/ Cheese Quiche Peas Mandarin Oranges Peaches Whole Grain Muffin
August 8, 2011		August 10, 2011		August 12, 2011
<i>Hot Meal</i>	<i>Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	
Spanish Rice (Brown) w/ Hamburger Seasoned Asparagus Whole Grain Muffin Cantaloupe/ Watermelon	Chicken Tenders Baked Beans Corn Muffin Coleslaw Beets	Ham Slice (2) Whole Wheat Bread Sweet Potatoes Zucchini/ Tomatoes Blushing Pears	Chicken/ Whole Grain Noodles Broccoli Creamy Coleslaw Apricots	Seasonal Fruit Plate Cottage Cheese & Yogurt Cup Marinated Veggie/ Garbanzo Bean Salad Whole Grain Muffin
August 15, 2011		August 17, 2011		August 19, 2011
<i>Hot Meal</i>	<i>Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	
Chicken Alfredo Whole Grain Roll Peas & Carrots Green Salad Apricots Cookie	BBQ Ribbette Whole Wheat Roll Green Beans Cauliflower/ Cheese Plums	Chicken Salad (2) Whole Wheat Bread Citrus Salad Carrot Sticks Baked Apple	Beef Tips/ Gravy Savory Brown Roce Mixed Veggies Marinated Oranges Banana	Baked Ham Slice Sweet Potatoes Green Beans Grapefruit Sections Whole Wheat Roll
August 22, 2011		August 24, 2011		August 26, 2011
<i>Hot Meal</i>	<i>Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	
Chicken Fajitas/ Shredded Lettuce & Tomatoes 2 Whole Grain Tortillas Glazed Carrots Fruit Cocktail	Pork Chop Patty Dressing W/ Gravy Glazed Carrots Plums Cherry Crisp	Ravioli/ Meat Sauce Garlic Bread Italian Vegetables Romaine Lettuce/ Dressing Fruit Cocktail	Ham and Beans Coleslaw Fresh Orange Pineapple Cake	Meatloaf Mashed Potatoes/ Gravy 2 Slices Bread Lima Beans Banana Frosted Grahams
August 29, 2011		August 31, 2011		
<i>Hot Meal</i>	<i>Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	
Beef/ Whole Grain Noodles Peas Salad Cauliflower Strawberries/ Banana Whole Grain Muffin	Turkey Pasta Salad Whole Grain Crackers Peas Pickled Beets Apricots	Chicken Parmesan Whole Wheat Pasta Italian Green Beans Lettuce Salad Peach Crisp	Hamburger Vegetable/ Bean Soup Whole Grain Crackers Plums Cookie	Milk served with each meal. A Suggested Donation is \$3.00 However, no one requesting a meal will be denied meal services.

For Reservations, call 217-732-2159 ext. 242 or 240

