

Community Action Senior Home Delivery Menu December 2011

| Monday | | Wednesday | | Friday |
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| <i>Hot Meal</i> | | <i>Cold Meal</i> | | December 1, 2011 |
| Wednesday December 21st & 28th we will deliver 2 additional meals along with regular delivery for days that our agency is closed. | | Milk served with each meal. A Suggested Donation is \$3.00. However, no one requesting a meal will be denied meal services. | | Open Faced Turkey w/ Bread Au gratin Potatoes Marinated Cucumbers Rosy Applesauce |
| December 5, 2011 | <i>Cold Meal</i> | December 7, 2011 | <i>Cold Meal</i> | December 9, 2011 |
| <i>Hot Meal</i> Chicken and Dumplings Cinnamon Apples Calico Corn Whole Wheat Bread Pears in Lime Jello | Tuna Casserole w/ Whole Grain Noodles Broccoli 3 Bean Salad | <i>Hot Meal</i> White Bean Chili Egg Salad/ Whole Wheat Bread Peas and Carrots Pear and Grape Salad | Meatballs w/ Gravy Brown Rice Zucchini and Tomatoes Lettuce Salad/ Dressing | Breakfast Casserole (Sausage, Egg, Cheese) V8 Juice Spinach Mandarin Oranges |
| December 12, 2011 | <i>Cold Meal</i> | December 14, 2011 | <i>Cold Meal</i> | December 16, 2011 |
| <i>Hot Meal</i> Turkey Burger/ Bun Black Bean Salad Broccoli Peaches Cookie | Beef/ Whole Grain Noodles Pea Salad Cauliflower Chunky Cinnamon Applesauce | <i>Hot Meal</i> Chicken Egg Rolls Vegetable Fried Brown Rice Coleslaw Banana Cookie | Hot Beef Sandwich (Whole Wheat Bread) Mashed Potatoes Pickled Beets Fruit Cocktail | Beef Pot Roast Buttered Whole Potatoes California Vegetables Whole Wheat Roll Cherry Crisp |
| December 19, 2011 | <i>Cold Meal</i> | December 21, 2011 | <i>Cold Meal</i> | December 23, 2011 |
| <i>Hot Meal</i> Spanish Brown Rice w/ Hamburger Mixed Vegetables Whole Grain Muffin Pears | Baked Ham Whole Grain Roll Brussels Sprouts Peas Pineapple | <i>Hot Meal</i> Parmesan Chicken Patty w/ Whole Grain Pasta Green Beans Lettuce Salad Apricots | Baked Turkey Cutlet w/ Gravy Seasoned Broccoli Marinated Vegetable Salad Baked Apples | Agency Closed for Christmas |
| December 26, 2011 | <i>Cold Meal</i> | December 28, 2011 | <i>Cold Meal</i> | December 30, 2011 |
| Agency Closed for Christmas | | <i>Hot Meal</i> Chef Salad/ Dressing (Meat, Cheese, Egg, Tomato) Whole Grain Roll Vegetable/ Lentil Soup Pears | Spaghetti/ Meat Sauce Whole Grain Noodles Garlic Bread Green Beans Mixed Fruit | Agency Closed for New Year |