

Community Action- Senior Home Delivery Menu July2011

Monday		Wednesday		Friday
		<i>Hot Meal</i>	<i>Cold Meal</i>	July 1, 2011
A suggested donation is \$3.00 However, no one requesting a meal will be denied meal service For reservations, call 217-732-2159. Milk is served with each meal.				Ham/ Cheese Quiche Peas Mandarin Oranges Peaches Whole Grain Muffin
July 4, 2011		July 6, 2011		July 8, 2011
<i>Hot Meal</i>	<i>Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	
CLOSED: Sloppy Joes/ Bun Buttered Corn Garbanzo Bean Salad Pears Gingerbread		Chicken Salad (2) Whole Wheat Bread Citrus Salad Carrot Sticks Baked Apple	Beef Tips Savory Brown rice Mixed Veggies Marinated Oranges Banana	Baked Ham Slice Sweet Potatoes Green beans Grapefruit Sections Whole Wheat Roll
July 11, 2011		July 13, 2011		July 15, 2011
<i>Hot Meal</i>	<i>Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	
Beef/ Whole Grain Noodles Pea Salad Cauliflower Strawberries/ Banana	Pork Chop Patty Dressing w/ Gravy Peas & Carrots Apricots	Ravioli/ Meat Sauce Garlic Bread Italian Vegetables Romaine Lettuce/ Dressing Fruit Cocktail	Ham & Beans Cornbread Coleslaw Fresh Orange Pineapple Cake	Chicken Fajitas/ Shredded Lettuce & Tomatoes 2 Whole Grain Tortillas Glazed Carrots Fruit Cocktail
July 18, 2011		July 20, 2011		July 22, 2011
<i>Hot Meal</i>	<i>Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	
Ham Salad (2) Whole Wheat Bread Potato Salad Asparagus Cottage Cheese/ Pineapple	Hamburger/ Vegetable Bean Soup Whole Grain Crackers Plums Cookie	Chicken Parmesan Whole Wheat Pasta Italian Green Beans Lettuce Salad Peach Crisp	Turkey Pasta Salad Whole Grain Crackers Peas Beets Apricots	Meatloaf Mashed Potatoes/ Gravy 2 Slices Bread Lima Beans Banana Frosted Grahams
July 25, 2011		July 27, 2011		July 29, 2011
<i>Hot Meal</i>	<i>Cold Meal</i>	<i>Hot Meal</i>		
Hot Dog/ Whole Grain bun Scalloped Potatoes Broccoli Pineapple Chunks	Pork Fritter/ Bun German Potato Salad Marinated Cucumbers Rosy Applesauce	Chef Salad/ Dressing (Meat, Cheese, Egg, Tomato) Whole Grain Roll Vegetable/ Lentil Soup Mixed Fruit	Open Faced Turkey w/ Whole Grain Bread Augratin Potatoes Cantaloupe/ Watemelon Peaches	Oven Fried Chicken Mashed Potatoes/ Gravy Biscuit Cooked Cabbage/ Cheese Strawberries/ Angel Cake

NOTE: The menu posting on July 4th will be delivered on Friday July 1st due to our office being closed for Independence Day.

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