

Community Action- Senior Home Delivery Menu September 2011

Monday		Wednesday		Friday
<i>Hot Meal</i>		<i>Hot Meal</i>		September 2, 2011
<i>Cold Meal</i>		<i>Cold Meal</i>		
<p>For Reservations, call 217-732-2159 ext. 242 or 240</p> <p>Milk served with each meal.</p> <p>A Suggested Donation is \$3.00 However, no one requesting a meal will be denied meal services.</p>				<p>Ham/ Cheese Quiche</p> <p>Peas</p> <p>Mandarin Oranges</p> <p>Pears</p> <p>Whole Grain Muffin</p>
September 5, 2011		September 7, 2011		September 9, 2011
<i>Hot Meal</i>		<i>Hot Meal</i>		
<i>Cold Meal</i>		<i>Cold Meal</i>		
<p>Pork Fritter</p> <p>German Potato Salad</p> <p>Marinated Cucumbers</p> <p>Rosy Applesauce</p>		<p>Chicken Tenders</p> <p>Baked Beans</p> <p>Corn Muffin</p> <p>Coleslaw</p> <p>Beets</p>		<p>Baked Turkey Cutlet</p> <p>Brown Rice</p> <p>Seasoned Broccoli</p> <p>Scandinavian Vegetables</p> <p>Plums</p>
September 12, 2011		September 14, 2011		September 16, 2011
<i>Hot Meal</i>		<i>Hot Meal</i>		
<i>Cold Meal</i>		<i>Cold Meal</i>		
<p>Pigs N Blanket</p> <p>Kidney Bean Salad</p> <p>Fresh Orange</p> <p>Marinated Cucumbers</p>		<p>Sloppy Joes/ Bun</p> <p>Buttered Corn</p> <p>Mixed Veggies</p> <p>Peaches</p> <p>Gingerbread</p>		<p>Chicken Salad</p> <p>(2) Whole Wheat Bread</p> <p>Citrus Salad</p> <p>Carrot Sticks</p> <p>Baked Apple</p>
		<p>Chef Salad/ Dressing</p> <p>(Meat, Cheese, Egg, Tomato)</p> <p>Whole Grain Roll</p> <p>Vegetable/ Lentil Soup</p> <p>Mixed Fruit</p>		<p>Seasonal Fruit Plate</p> <p>Cottage Cheese & Yogurt Cup</p> <p>Marinated Veggie/ Garbanzo</p> <p>Bean Salad</p> <p>Whole Grain Muffin</p>
September 19, 2011		September 21, 2011		September 23, 2011
<i>Hot Meal</i>		<i>Hot Meal</i>		
<i>Cold Meal</i>		<i>Cold Meal</i>		
<p>Ham Slice</p> <p>(2) Whole wheat Bread</p> <p>Sweet Potatoes</p> <p>Zucchini/ Tomatoes</p> <p>Blushing Pear</p>		<p>Cheeseburger/</p> <p>Whole Grain Bun</p> <p>Black Bean Salad</p> <p>Peas</p> <p>Pineapple</p>		<p>BBQ Ribbette</p> <p>Whole Wheat Roll</p> <p>Green Beans</p> <p>Cauliflower/ Cheese</p> <p>Plums</p>
		<p>Chicken/ Whole Grain Noodles</p> <p>Broccoli</p> <p>Creamy Coleslaw</p> <p>Apricots</p>		<p>Meatloaf</p> <p>Mashed Potatoes/ Gravy</p> <p>2 Slices Bread</p> <p>Lima Beans</p> <p>Banana</p> <p>Frosted Graham</p>
September 26, 2011		September 28, 2011		September 30, 2011
<i>Hot Meal</i>		<i>Hot Meal</i>		
<i>Cold Meal</i>		<i>Cold Meal</i>		
<p>Pork Chop Patty</p> <p>Dressing w/ Gravy</p> <p>Glazed Carrots</p> <p>Plums</p> <p>Cherry Crisp</p>		<p>Open Faced Turkey w/</p> <p>Whole Grain Bread</p> <p>Augratin Potatoes</p> <p>Mixed Veggies</p> <p>Rosy Applesauce</p>		<p>Taco Salad</p> <p>(Meat, Lettuce, Tomato)</p> <p>Refried Beans</p> <p>Tortilla/ Corn Chips</p> <p>Tropical Fruit</p>
		<p>Beef Tips/ Gravy</p> <p>Savory Brown Rice</p> <p>Mixed Veggies</p> <p>Marinated Oranges</p> <p>Banana</p>		<p>Baked Ham Slice</p> <p>Buttered Whole Potatoes</p> <p>Green Beans</p> <p>Cinnamon Apples</p> <p>Whole Wheat roll</p>

NOTE: The menu posting on September 5th. will be delivered on Friday September 2nd. due to our office being closed for Labor Day.

