

**Community Action- Senior Menu Home Delivery April 2012**

<b>Monday</b>		<b>Wednesday</b>		<b>Friday</b>
<b>April 2, 2012</b>		<b>April 4, 2012</b>		<b>April 6, 2012</b>
Hot Dog/ Whole Grain Bun Macaroni N Cheese Broccoli Cinnamon Apples	Turkey Pasta Salad Whole Grain Crackers Green Beans Pickled Beets Arpicots	Chef Salad/ Dressing (Meat, Cheese, Egg, Tomato) Whole Grain Roll Vegetable / Lentil Soup Mixed Fruit	Open Faced Turkey w/ Whole Grain Bread Augratin Pototatoes Marinated Cucumbers Rosy Applesauce	Spaghetti/ Meat Sauce Whole Grain Spaghetti Garlic Bread Green Bean Peaches
<b>April 9, 2012</b>		<b>April 11, 2012</b>		<b>April 13, 2012</b>
<i>Hot Meal</i>	<i>Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	
Ham/ Cheese Quiche Mandarin Oranges Peas Whole Grain Muffin	Chicken Salad (2) Whole Wheat Bread Citrus Salad Carrot Sticks Baked Apple	Taco Salad (Meat, Lettuce, Tomato) Refried Beans Corn Chips Tropical Fruit	Baked Turkey Cutlet Brown Rice Seasoned Broccoli Scandinavian Vegetables Plums	Egg Salad w/ Whole Grain Bread Cottage Cheese & Yogurt Cup Marinated Veggie Garbanzo Bean Salad
<b>April 16, 2012</b>		<b>April 18, 2012</b>		<b>April 20, 2012</b>
		<i>Hot Meal</i>	<i>Cold Meal</i>	
Pork Chop Patty Dressing w/ Gravy Glazed Carrots Plums Cherry Crisp	Sloppy Joes/ Bun Buttered Corn Garbanzo Bean Salad Fruit Cocktail	Pigs N Blanket Kidney Bean Salad Fresh Orange Mixed Vegetables	Beef Tips/ Gravy Savory Brown Rice Mixed Veggies Mandarin Oranges Banana	Meatloaf Mashed Potoates/ Gravy Green Salad/ Dressing Peaches Whole Grain Roll
<b>April 23, 2012</b>		<b>April 25, 2012</b>		<b>April 27, 2012</b>
<i>Hot Meal</i>	<i>Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	
Baked Ham Slice Whole Grian Roll Zucchini/ Tomatoes Blushing Pears Cookie	Chicken Tenders Baked Beans Corn Muffin Coleslaw Beets	BBQ Ribbette Whole Wheat Roll Green Beans Cauliflower/ Cheese Plums	Pork Fritter/ Bun Broccoli German Potato Salad Apricots	Oven Fried Chicken Mashed Potatoes/ Gravy Biscuit Cooked Cabbage/ Cheese Strawberries/ Angel Cake
<b>April 30, 2012</b>				
<i>Hot Meal</i>	<i>Cold Meal</i>			
Cheeseburger w/ Whole Grain Bun Black Bean Salad Calico Corn Pineapple	Chicken Alfredo Whole Grain Roll Peas & Carrots Apricots Cookie	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.