

Community Action Senior Programs-Congregate Meals August 2012

Monday	Tuesday	Wednesday	Thursday	Friday
<p>A suggested donation is \$3.00 However, no one requesting a meal will be denied meal service</p>	<p>Milk is served with each meal</p>	<p>August 1 Egg Salad On Whole Wheat Bread Lentil Soup Bell Pepper Slices Mandarin Oranges</p>	<p>August 2 Oven Baked Chicken Roasted Potatoes Carrots Whole Grain Roll Apple Sauce</p>	<p>August 3 Baked Breaded Turkey Cutlet Mashed Sweet Potatoes Mixed Vegetables Banana</p>
<p>August 6 Pigs in a Blanket Potato Wedges Cranberry Juice Fresh Orange</p>	<p>August 7 Bread Baked White Fish Wild Rice Seasoned Spinach Marinated Cucumber &amp; Tomato Salad Pears</p>	<p>August 8 Salisbury Steak Baked Potato Roasted Asparagus Pumpkin Pie</p>	<p>August 9 Chicken Fajitas with Pepper &amp; Onions 2 Whole Grain Tortillas Glazed Carrots Tropical Fruit</p>	<p>August 10 Sloppy Joe Whole Grain Bun Buttered Corn Brussel Sprouts Rosy Applesauce</p>
<p>August 13 Breakfast Sandwich (Whole Grain English Muffin, Egg, Cheese, Canadian Bacon) Stewed Tomatoes Orange Juice</p>	<p>August 14 Tuna Casserole with Whole Wheat Noodles Peas Celery Sticks Sliced Apricots</p>	<p>August 15 Chef Salad (meat, cheese, egg, tomato &amp; dressing) Whole Grain Crackers Bean Soup Mango</p>	<p>August 16 Chicken and Dumplings Peas and Carrots Bell Pepper Slices Banana</p>	<p>August 17 Meatball Sub with Marina Sauce and Mozzarella Cheese Potato Salad Italian Vegetables Red Seedless Grapes</p>
<p>August 20 Baked Ham Parslied Potatoes Whole Grain Roll Brussel Sprouts Pineapple</p>	<p>August 21 Mexican Chicken Brown Rice Refried Beans Calico Corn Apple Crisp</p>	<p>August 22 Breakfast Casserole (egg, cheese, sausage) Whole Wheat Toast Hash browns Spinach V-8 Juice Grapefruit Sections</p>	<p>August 23 Open Face Roast Beef Sandwich Mashed Potatoes &amp; Gravy 3 Bean Salad Cranberry Juice</p>	<p>August 24 Baked Cod Wild Rice Broccoli Marinated Cumber Salad Plums</p>
<p>August 27 Breaded Chicken Tenders Baked Beans Broccoli Cole Slaw Cinnamon Streusel</p>	<p>August 28 Hamburger on a Whole Grain Bun With Lettuce, Tomato &amp; Onion Creamy Cole Slaw Peaches</p>	<p>August 29 Creamy Chicken Salad Whole Grain Crackers Green Bell Pepper Slices Baby Carrots Mandarin Oranges</p>	<p>August 30 Turkey Tetrazini Spiral Noodles Steamed Broccoli Salad Greens Apricots</p>	<p>August 31 Seasonal Fruit Plate Cottage Cheese Whole Grain Muffin Vegetable Salad</p>

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