

Community Action Senior Home Delivery Menu August 2012

Monday		Wednesday		Friday
		August 1, 2012		August 3, 2012
<i>Hot Meal</i>	<i>Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	
Suggested Donation: \$3.00 However, no one requesting a meal will be denied meal services.		Egg Salad On Whole Wheat Bread Lentil Soup Bell Pepper Slices Mandarin Oranges	Ham & Beans Corn Bread Roasted Broccoli & Cauliflower Grapes	Baked Breaded Turkey Cutlet Mashed Sweet Potatoes Mixed Vegetables Banana
		August 8, 2012		August 10, 2012
<i>Hot Meal</i>	<i>Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	
Pigs in a Blanket Potato Wedges Cranberry Juice Fresh Orange	Oven Baked Chicken Roasted Potatoes Carrots Whole Grain Roll Apple Sauce	Saisbury Steak Baked Potato Roasted Asparagus Pumpkin Pie	Breaded Baked White Fish Wild Rice Seasoned Spinach Marinated Cucumber & Tomato Salad Pears	Sloppy Joe Whole Grain Bun Buttered Corn Brussel Sprouts Rosy Applesauce
		August 15, 2012		August 17, 2012
<i>Hot Meal</i>	<i>Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	
Breakfast Sandwich (whole grain english muffin, egg, cheese, ham) Stewed Tomatoes Orange juice	Chicken Fajitas w/ Pepper & Onions 2 Whole Grain Tortillas Glazed Carrots Tropical Fruit	Chef Salad (meat, cheese, egg, tomato & dressing) Whole Grain Crackers Bean Soup & Mangos	Tuna Casserole w/ Whole Wheat Noodles Peas Celery Sticks Sliced Apricots	Meatball Sub w/ Marinara Sauce & Mozzarella Cheese Potato Salad Italian Vegetables Red Seedless Grapes
		August 22, 2012		August 24, 2012
<i>Hot Meal</i>	<i>Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	
Baked Ham Parslied Potatoes Whole Grain Roll Brussel Sprouts Pineapple	Chicken & Dumplings Peas & Carrots Bell Pepper Slices Banana	Breakfast Casserole (egg, cheese, sausage) Whole Wheat Bread Hash Browns - V-8 Juice Grapefruit Sections	Mexican Chicken Brown Rice Refried Beans Calico Corn Apple Crisp	Baked Cod Wild Rice Broccoli Marinated Cumber Salad Plum
		August 29, 2012		August 31, 2012
<i>Hot Meal</i>	<i>Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	
Breaded Chicken Tenders Baked Beans Broccoli Cole Slaw Cinnamon Streusel	Open Face Roast Beef Sandwich Mashed Potatoes & Gravy 3 Bean Salad Cranberry Juice	Creamy Chicken Salad Whole Grain Crackers Green Bell Peppers Slices Baby Carrots Manadrin Oranges	Hamburger on a Whole Grain Bun Lettuce, Tomato, Onion Creamy Cole Slaw Peaches	Seasonal Fruit Plate Cottage Cheese Whole Grain Muffin Vegetable Salad

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