

Community Action Senior Home Delivery Menu February 2012

Monday		Wednesday		Friday
<i>Hot Meal</i>		<i>Cold Meal</i>		February 1, 2012
		<i>Hot Meal</i>	<i>Cold Meal</i>	February 3, 2012
		Parmesan Chicken Whole Grain Pasta Green Beans Lettuce Salad/ Dressing Apricots	Baked Turkey Cutlet/ Gravy Whole Wheat Bread Seasoned Broccoli Marinated Vegetable Salad Plums	White Bean Chili Tuna Salad/ Whole Wheat Bread Glazed Carrots Pear & Grape Salad
February 6, 2012		February 8, 2012		February 10, 2012
<i>Hot Meal</i>		<i>Cold Meal</i>		
Baked Ham Sweet Potatoes Peas Pineapple Chunks	Beef Stew Biscuit Tropical Fruit Salad Baked Apples	Chef Salad/ Dressing (Meat, Cheese, Egg, Tomato) Whole Grain Crackers Vegetable/ Lentil Soup Pears	Spaghetti/ Meat Sauce Whole Grain Spaghetti Garlic Bread Green Beans Mixed Fruit	Oven Fried Chicken Mashed Potatoes Biscuit Broccoli Salad Blueberry Cobbler
February 13, 2012		February 15, 2012		February 17, 2012
<i>Hot Meal</i>		<i>Cold Meal</i>		
Agency Closed Lincoln's Birthday	Pork Chops & Apples Roasted Potatoes Seasoned Spinach Oatmeal Cookie	Turkey Pasta Salad Whole Grain Crackers Peas Pickled Beets Apricots	Wholegrain Corndog Mixed Vegetables Potato Salad Peaches	Baked Cod Whole Grain Roll Parmesan Potatoes Stewed Tomatoes Citrus Cup
February 20, 2012		February 22, 2012		February 24, 2012
<i>Hot Meal</i>		<i>Cold Meal</i>		
Agency Closed Presidents' Day	Meatloaf Mashed Potatoes/ Gravy Lima Beans Banana	Shepherd's Pie Whole Grain Roll Glazed Carrots Peas Cherry Crisp	Chicken Tenders Baked Beans Corn Muffin Coleslaw Peaches	Open Faced Turkey w/ Whole Grain Bread Augratin Potatoes Marinated Vegetables Rosy Applesauce
February 27, 2012		February 29, 2012		
<i>Hot Meal</i>		<i>Cold Meal</i>		
Chicken and Dumplings Cinnamon Apples Calico Corn Pears in Lime Jell-O	Tuna Casserole w/ Whole Grain Noodles Broccoli 3 Bean Salad Pears	Pork Fritter on Bun German Potato Salad Mixed Veggies Fruit Cocktail	Milk served with each meal.	A Suggested Donation is \$3.00 However, no one requesting a meal will be denied meal services.

The cold meal for February 13th & 20th will be delivered on the previous Friday due to our agency being closed

FF0000For Reservations, Call 217-732-2159 ext. 240 or 242

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