

**Community Action Senior Home Delivery Menu January 2012**

<b>Monday</b>		<b>Wednesday</b>		<b>Friday</b>
<i>Hot Meal</i>		<i>Cold Meal</i>		<b>January 4, 2011</b>
<i>Hot Meal</i>		<i>Cold Meal</i>		<b>January 6, 2011</b>
		Turkey Pasta Salad Whole Grain Crackers Green Beans Pickled Beets Apricots	Hamburger Gravy/ Bisuit Mashed Potatoes Broccoli Salad Fruit Cocktail Striped Cookie	Beef Pot Roast Buttered Whole Potatoes California Vegetables Whole Wheat Roll Blueberry Cobbler
<b>January 9, 2012</b>		<b>January 11, 2012</b>		<b>January 13, 2012</b>
<i>Hot Meal</i>		<i>Cold Meal</i>		<i>Hot Meal</i>
<i>Cold Meal</i>		<i>Hot Meal</i>		<i>Cold Meal</i>
Baked Cod Dinner Roll Parmesan Potatoes Stewed Tomatoes Citrus Cup Oatmeal Cookie	Meatloaf/ Gravy 2 Slices Bread Lima Beans Applesauce	Shepherd's Pie Whole Grain Roll Glazed Carrots Peas Peach Crisp	Chicken Tenders Baked Beans Corn Muffin Coleslaw Plums	Spaghetti/ Meat Sauce Whole Grain Spaghetti Garlic Bread Green Beans Romaine Lettuce/ Dressing Peaches
<b>January 16, 2012</b>		<b>January 18, 2012</b>		<b>January 20, 2012</b>
<i>Hot Meal</i>		<i>Cold Meal</i>		<i>Hot Meal</i>
<i>Cold Meal</i>		<i>Hot Meal</i>		<i>Cold Meal</i>
Tuna Casserole w/ Whole Grain Noodles Broccoli 3 Bean Salad Pears		Chicken Fajitas w/ Shredded Lettuce & Tomatoes 2 Whole Grain Tortillas Calico Corn Fruit Cocktail	Meatballs/ Gravy Brown Rice Zucchini and Tomatoes Lettuce Salad/ Dressing	Breakfast Casserole (Sausage, Egg, Cheese) V8 Juice Spinach Mandarin Oranges
<b>January 23, 2012</b>		<b>January 25, 2012</b>		<b>January 27, 2012</b>
<i>Hot Meal</i>		<i>Cold Meal</i>		<i>Hot Meal</i>
<i>Cold Meal</i>		<i>Hot Meal</i>		<i>Cold Meal</i>
Turkey Burger/ Bun Black Bean Salad Broccoli Peaches Cookie	Beef w/ Whole Grain Noodles Peas Salad Cauliflower Cherry Crisp	Chicken Egg Rolls Vegetable Fried Brown Rice Coleslaw Banana Bread Pudding	Tuna Salad Cottage Cheese & Yogurt Cup Marinated Veggie/ Garbanzo Bean Salad Whole Grain Crackers	Open Faced Turkey w/ Whole Grain Bread Augratin Potatoes Marinated Cucumbers Rosy Applesauce
<b>January 30, 2012</b>				
<i>Hot Meal</i>		<i>Cold Meal</i>		
<i>Cold Meal</i>		<i>Hot Meal</i>		
Spanish Brown Rice w/ Hamburger Seasoned Asparagus Black Bean Salad Mixed Fruit	Baked Ham Whole Grain Roll Brussel Sprouts Peas Pineapple Chunks	Milk served with each meal.		A Suggested Donation is \$3.00 However, no one requesting a meal will be denied meal services.

**Due to our agency being closed Monday January 16th. We will deliver that meal on Friday January 13th.**

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