JUNE 2012 - Community Action Senior Programs-Congregate Meals

Monday	Tuesday	Wednesday	Thursday	Friday
A suggested donation is $3.00 However, no one requesting a meal will be denied meal service	Milk is served with each meal			June 1 Pork Roast & Gravy Mashed Potatoes Fresh Asparagus Pineapple
June 4 Polish Sausage Whole Grain Bun Sauerkraut Carrot Sticks Cinnamon Applesauce	June 5 Chicken & Cheese Quesadilla Refried Beans Cherry Tomatoes Strawberries	June 6 Breaded Baked White Fish Wild Rice Seasoned Spinach Marinated Cucumber & Tomato Salad Pears	June 7 Pigs in a Blanket Potato Wedges Cranberry Juice Fresh Orange	June 8 Seasonal Fruit Plate Cottage Cheese Whole Grain Muffin Garbanzo Bean Salad
June 11 Breakfast Sandwich (Whole Grain English Muffin, egg, cheese, Canadian Bacon) Tomatoes Orange Juice	June 12 Breaded Chicken Tenders Baked Beans Broccoli Cole Slaw Cinnamon Streusel	June 13 Open Face Roast Beef Sandwich w/ Gravy Mashed Potatoes 3 Bean Medley Cranberry Juice	June 14 Creamy Chicken Salad Whole Grain Crackers Green Bell Pepper Slices Roasted Carrots Fruit Cocktail	June 15 Sloppy Joe Whole Grain Bun Buttered Corn Brussel Sprouts Rosy Applesauce
June 18 Chicken Fajitas w/ Peppers & Onions 2 Whole Grain fajitas Black Beans Tropical Fruit	June 19 Turkey Tetrazzini Spiral Noodles Steamed Broccoli Corn Apricots	June 20 Breaded Pork Cutlet Brown Rice Sweet Peas Cherry Tomatoes Apple Pie	June 21 Egg Salad Whole Wheat Bread Lentil Soup Carrot Sticks Mandarin Oranges	June 22 Meatball Sub on Whole Grain bun Mustard Potato Salad Italian Vegetables Red Seedless Grapes
June 25 Oven Baked Chicken Roasted Potatoes Carrots Whole Grain Roll Apple sauce	June 26 Tuna Casserole w/ Whole Wheat Noodles Cucumber Slices Celery Sticks Sliced Apricots	June 27 Chef Salad (Meat, Cheese, Egg, Tomato) Dressing Whole Grain Crackers Bean Soup	June 28 Hamburger Whole Grain Bun Lettuce, Tomato, Onion Creamy Cole Slaw Peaches	June 29 Breakfast Casserole (Egg, Cheese, Sausage) Whole Wheat Bread Hash browns Spinach V-8 Juice Grapefruit Sections

For Reservations, call 217-732-2159 ext. 242 or 240