

Community Action Senior Home Delivery Menu June 2012

Monday		Wednesday		Friday
<i>Hot Meal</i>	<i>Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	<i>1-Jun</i>
Suggested Donation: \$3.00 However, no one requesting a meal will be denied meal services.				Pork Roast & Gravy Mashed Potatoes Fresh Asparagus Pineapple
June 4, 2012	June 5, 2012	June 6, 2012	June 7, 2012	June 8, 2012
Hot Meal	Cold Meal	Hot Meal	Cold Meal	
Polish Sausage Whole Grain Bun Sauerkraut Carrot Sticks Cinnamon Applesauce	Salisbury steak Baked potato Broccoli/Cauliflower Pumpkin Pie	Breaded Baked White Fish Wild Rice Seasoned Spinach Marinated Cucumber & Tomato Salad Pears	Chicken & Cheese Quesadilla Refried Beans Cherry Tomatoes Strawberries	Seasonal Fruit Plate Cottage Cheese Whole Grain Muffin Garbanzo Bean Salad
June 11, 2012	June 12, 2012	June 13, 2012	June 14, 2012	June 15, 2012
Hot Meal	Cold Meal	Hot Meal	Cold Meal	
Breakfast Sandwich (Whole Grain English Muffin, egg, cheese, canadian bacon) Tomatoes Orange Juice	Pigs in a Blanket Potato Wedges Cranberry Juice Fresh Orange	Open Face Roast Beef Sandwich w/ Gravy Mashed Potatoes 3 Bean Medley Cranberry Juice	Breaded Chicken Tenders Baked Beans Broccoli Cole Slaw Cinnamon Streusel	Sloppy Joe Whole Grain Bun Buttered Corn Brussel Sprouts Rosy Applesauce
June 18, 2012	June 19, 2012	June 20, 2012	June 21, 2012	June 22, 2012
Hot Meal	Cold Meal	Hot Meal	Cold Meal	
Chicken Fajitas w/ Peppers & Onions 2 Whole Grain fajitas Black Beans Tropical Fruit	Creamy Chicken Salad Whole Grain Crackers Green Bell Pepper Slices Roasted Carrots Fruit Cocktail	Breaded Pork Cutlet Brown Rice Sweet Peas Cherry Tomatoes Apple Pie	Turkey Tetrizzini Spiral Noodles Steamed Broccoli Corn Apricots	Meatball Sub on Whole Grain bun Mustard Potato Salad Italian Vegetables Red Seedless Grapes
June 25, 2012	June 26, 2012	June 27, 2012	June 28, 2012	June 29, 2012
Hot Meal	Cold Meal	Hot Meal	Cold Meal	
Oven Baked Chicken Roasted Potatoes Carrots Whole Grain Roll Apple sauce	Egg Salad Whole Wheat Bread Lentil Soup Carrot Sticks Mandarin Oranges	Chef Salad (Meat, Cheese, Egg, Tomato) Whole Grain Crackers Bean Soup	Tuna Casserole w/ Whole Wheat Noodles Cucumber Slices Celery Sticks Sliced Apricots	Egg, Cheese & Sausage Casserole Whole Wheat Bread Hashbrowns, Spinach V-8 Juice Grapefruit Sections

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

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