

Community Action Senior Programs-Congregate Meals JULY 2012

Monday	Tuesday	Wednesday	Thursday	Friday
<p>July 2 Spaghetti & Meatballs Italian Vegetables Lettuce Salad/Dressing Pears</p>	<p>July 3 Pork Chop & Apples Brown Rice Peas & Carrots Pickled Beets</p>	<p>July 4 HAPPY INDEPENDENCE DAY!!! Agency Closed No Meal Service</p>	<p>July 5 Pork Roast Mashed Potatoes Fresh Asparagus Strawberries & Angel Food Cake</p>	<p>July 6 Baked Cod Wild Rice Broccoli Marinated Cucumber Salad Plums</p>
<p>July 9 Tuna Salad Sandwich on Whole Grain Bread Carrot and Celery Sticks Mixed Fruit</p>	<p>July 10 Mexican Chicken Brown Rice Black Beans Calico Corn Peach Crisp</p>	<p>July 11 Baked Ham Parslied Potatoes Whole Grain Roll Brussel Sprouts Pineapple</p>	<p>July 12 Meat Loaf AuGratin Potatoes Cooked Cabbage Mango</p>	<p>July 13 Breakfast Casserole (egg, cheese, sausage) Whole Wheat Bread Hash browns Spinach V-8 Grapefruit Slices</p>
<p>July 16 Black Bean Soup Nacho Chips Cottage Cheese Salad Greens/Dressing Strawberries & Angel Food Cake</p>	<p>July 17 Beef Tips & Gravy Over Whole Wheat Noodles Yellow Squash Seasoned Spinach Fresh Orange</p>	<p>July 18 Chicken & Dumplings Peas & Carrots Bell Pepper Slices Mixed Fruit</p>	<p>July 19 Chili with Meat & Beans Whole Grain Crackers Buttered Corn Grape Salad</p>	<p>July 20 Ravioli with Meat Sauce Bread Stick Green Beans Cherry Tomatoes Pears in Jell-O</p>
<p>July 23 Hot Roast Beef on Kaiser Roll Mashed Potatoes & Gravy Broccoli Salad Oranges</p>	<p>July 24 Chicken & Cheese Quesadilla Refried Beans Salad Greens & Dressing Mango</p>	<p>July 25 Egg, Spinach, Cheese Quiche Texas Toast Pickled Beets Banana</p>	<p>July 26 Polish Sausage & Sauerkraut on a Whole Grain Bun Carrot Sticks Cinnamon Applesauce</p>	<p>July 27 Beef Stew with Potatoes & Carrots Biscuit Asparagus Baked Apple Slices</p>
<p>July 30 Seasonal Fruit Plate Cottage Cheese Whole Grain Muffin Vegetable Salad</p>	<p>July 31 Ham & Beans Corn Bread Roasted Broccoli & Cauliflower Grapes</p>		<p>A suggested donation is \$3.00 However, no one requesting a meal will be denied meal service</p>	<p>Milk is served with each meal</p>

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

