

Community Action Senior Home Delivery Menu March 2012

Monday		Wednesday		Friday
		March 1, 2012		March 2, 2012
<i>Hot Meal</i>	<i>Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	
Milk served with each meal. A Suggested Donation is \$3.00 However, no one requesting a meal will be denied meal services.			Meatballs/ Gravy Brown Rice Peas & Carrots Mixed Fruit	Ham/ Cheese Quiche Peas Mandarin Oranges Peaches Muffin
		March 7, 2012		March 9, 2012
<i>Hot Meal</i>	<i>Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	
Shepherd's Pie Whole Grain Roll Glazed Carrots Peach Crisp	Pigs N Blanket Tator Tots Kidney Bean Salad Rosy Applesauce	Taco Salad (Meat, Lettuce, Tomato) Refried Beans Corn chips Tropical Fruit	Baked Turkey Cutlet Scalloped Potatoes Scandinavian Vegetables Plums	Baked Ham Sweet Potatoes Green Salad/ Dressing Grapefruit Sections Whole Wheat Roll
		March 14, 2012		March 16, 2012
<i>Hot Meal</i>	<i>Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	
Open Faced Turkey w/ Whole Grain Bread Augratin Potatoes Marinated Cucumbers Cinnamon Apples	Chicken Tenders Baked Beans Potato Salad Corn Muffin Beets	BBQ Ribbette Whole Wheat Roll Green Beans Cauliflower/ Cheese Banana	Chicken w/ Whole Grain Noodles Broccoli Creamy Coleslaw Apricots	Oven Fried Chicken Mashed Potatoes/ Gravy Biscuit Cooked Cabbage Angel Cake/ Strawberries
		March 21, 2012		March 23, 2012
<i>Hot Meal</i>	<i>Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	
Pork Chop Patty Dressing w/ Gravy Carrots & Peas Pineapple Cake	Sloppy Joes/ Bun Buttered Corn Garbanzo Bean Salad Applesauce	Tuna Casserole w/ Whole Grain Noodles Glazed Carrots 3 Bean Salad	Beef Tips/ Gravy Savory Brown Rice Mixed Veggies Mandarin Oranges	Meatloaf Scalloped Potatoes Lima Beans Lettuce Salad/ Dressing Baked Apples
		March 28, 2012		March 30, 2012
<i>Hot Meal</i>	<i>Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	
Ravioli/ Meat Sauce Garlic Bread Italian Vegetables Peaches Oatmeal Cookie	Chciken Salad (2) Whole Wheat Bread Broccoli Citrus Salad Carrot Sticks	Chciken Fajitas Shredded Lettuce & Tomatoes 2 Whole Grain Tortillas Glazed Carrots Fruit Cocktail	Ham and Beans Cornbread Coleslaw Fresh Orange Cherry Crisp	Cheeseburger w/ Whole Grain Bun Black Bean Salad Calico Corn Pineapple

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