

Community Action Senior Programs-Congregate Meals November 2012

Monday	Tuesday	Wednesday	Thursday	Friday
			November 1 Chicken Salad (2) Whole Wheat Bread Carrot & Celery Sticks Strawberries in Jell-O	November 2 Ham, Cheese, Spinach Quiche Fire Roasted Tomatoes Peaches Whole Grain Muffin
November 5 Beef Tips/ Gravy over Savory Brown Rice Mixed Veggies Mandarin Oranges	November 6 Meatloaf Scalloped Potatoes Lima Beans Lettuce Salad/ Dressing Baked Cinnamon Apples w/ Crumb Topping	November 7 Taco Salad (Meat, Lettuce, Tomato) Refried Beans Corn Chips Tropical Fruit	November 8 Chicken Tenders Baked Beans Corn Muffin Potato Salad Grapes	November 9 Baked Ham Sweet Potatoes Green Salad/ Dressing Baked Pineapple Whole Wheat Roll
November 12 Veteran's Day!!! Thank you to those you have served our Country!!! Agency Closed No Meal Service	November 13 Chicken Alfredo w/ Broccoli & Whole Grain Noodles Italian Lettuce Salad w/ Dressing Apricots	November 14 BBQ Ribbette Whole Wheat Roll Green Beans Cauliflower with Cheese Sauce Banana	November 15 Sloppy Joes/ Bun Buttered Corn Garbanzo Bean Salad Applesauce	November 16 Oven Fried Chicken Mashed Potatoes/ Gravy Biscuit Cooked Cabbage Angel Cake/ Fresh Berries
November 19 Chicken and White Bean Chili Corn Bread Grapes Glazed Carrots	November 20 Pork Chop Patty Cheesy Potatoes Carrots & Peas Pineapple Cake	November 21 Roast Turkey With Gravy Stuffing with Celery & Onions Green Beans Cranberry Salad Pumpkin Pie	November 22 HAPPY THANKSGIVING!!! Agency Closed. No Service.	November 23 Agency Closed. No Service. Service will Resume Monday November 26
November 26 Ravioli/ Meat Sauce Garlic Bread Italian Vegetables Peaches Oatmeal Cookie	November 27 Ham and Beans Cornbread Coleslaw Fresh Orange Cherry Crisp	November 28 Chicken Fajitas Shredded Lettuce & Tomatoes 2 Whole Grain Tortillas Corn and Black Bean Salad Fruit Cocktail	November 29 Turkey Pasta Salad Whole Grain Crackers Green Beans Pickled Beets Apricots	November 30 Cheeseburger/ Whole Grain Bun w/ Lettuce, Onion & Tomato Tater Tots Glazed Carrots Pineapple

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