

Community Action Senior Home Delivery Menu November 2012

Monday		Wednesday		Friday
		October 31, 2012		November 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.		Chili w/ Meat & Beans Corn Bread Creamed Corn Grape Salad HALLOWEEN TREAT!!!	Beef Stew w/ Potatoes & Carrots Over a Biscuit Roasted Asparagus Baked Cinnamon Apples	Ham/ Cheese Quiche Fire Roasted Tomatoes Peaches Whole Grain Muffin
November 5, 2012		November 7, 2012		November 9, 2012
<i>Hot Meal</i>	<i>Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	
Beef Tips/Gravy over Savory Brown Rice Mixed Vegetables Mandarin Oranges	Chicken Salad (2) Whole Wheat Bread Carrot & Celery Sticks Strawberries in Jell-O	Taco Salad (Meat, Lettuce, Tomato) Refried Beans Corn chips Tropical Fruit	Meatloaf Scalloped Potatoes Lima Beans Lettuce Salad/Dressing Baked Cinnamon Apples w/ Crumb Topping	Baked Ham Sweet Potatoes Green Salad/ Dressing Baked Pineapple Whole Wheat Roll
November 12, 2012		November 14, 2012		November 16, 2012
<i>Hot Meal</i>	<i>Cold Meal - Friday Nov 9, 2012</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	
Veteran's Day!!! Agency Closed No Meal Service Two Meals will be Served on Friday.	Chicken Tenders Baked Beans Potato Salad Corn Muffin Grapes	BBQ Ribbette Whole Wheat Roll Green Beans Cauliflower w/ Cheese Banana	Chicken Alfredo w/ Broccoli & Whole Grain Pasta Italian Lettuce Salad/Dressing Apricots	Oven Fried Chicken Mashed Potatoes/ Gravy Biscuit Cooked Cabbage Angel Cake/ Fresh Berries
November 19, 2012		November 21, 2012		November 23, 2012
<i>Hot Meal</i>	<i>Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	
Chicken & White Bean Chili Corn Bread Glazed Carrots Grapes	Sloppy Joes/ Bun Buttered Corn Garbanzo Bean Salad Applesauce	Roast Turkey w/ Gravy Stuffing w/ Celery & Onions Green Beans Cranberry Salad Pumpkin Pie	Pork Chop Patty Cheesy Potatoes Carrots & Peas Pineapple Cake	Happy Thanksgiving!!! Agency Closed. No Meal Service Service will resume Monday 26-Nov-12
November 26, 2012		November 28, 2012		November 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	Fresh Fruit Plate w/ Cottage Cheese 3 Bean Medley Whole Grain Roll Tomato Juice	Chicken Fajitas Shredded Lettuce & Tomatoes 2 Whole Grain Tortillas Corn & Black Bean Salad Fruit Cocktail	Ham and Beans Cornbread Coleslaw Fresh Orange Cherry Crisp	Cheeseburger/ Whole Grain Bun Lettuce, Onion, Tomato Tator Tots Glazed Carrots Pineapple

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

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