

Community Action Senior Programs-Congregate Meals - October 2012

Monday	Tuesday	Wednesday	Thursday	Friday
<p>October 1 Black Bean Soup Nacho Chips Cottage Cheese Salad Greens/Dressing Mango</p>	<p>October 2 Breaded Chicken Tenders Potato Wedges Cole Slaw Cinnamon Streusel</p>	<p>October 3 Meatball Sub w/ Marinara Sauce & Cheese Mustard Potato Salad Italian Vegetables Grapes</p>	<p>October 4 Creamy Chicken Salad Whole Grain Crackers Green Bell Pepper Slices Roasted Carrots Strawberries in Jell-O</p>	<p>October 5 Baked Fish Wild Rice Seasoned Spinach Cucumber & Tomato Salad Pears</p>
<p>October 8 COLUMBUS DAY! Agency Closed No Meal Service</p>	<p>October 9 Mexican Chicken Brown Rice Black Beans Calico Corn Cinnamon Applesauce</p>	<p>October 10 Beef Tips & Gravy Over Whole What Noodles Squash Seasoned Spinach Mandarin Oranges</p>	<p>October 11 Chicken & White Bean Chili Corn Bread Grapes Glazed Carrots</p>	<p>October 12 Meat Loaf AuGratin Potatoes Cooked Cabbage Strawberries & Angel Food Cake</p>
<p>October 15 Spaghetti w/ Italian Sausage & Marinara Sauce Italian Vegetables Lettuce/Salad Dressing Pears</p>	<p>October 16 Baked Ham Cheesy Potatoes Brussel Sprouts Whole Grain Roll Pineapple</p>	<p>October 17 Chicken Fajitas w/ peppers & onions 2 Whole Grain Fajitas Creamed Corn Tropical Fruit</p>	<p>October 18 Pork Roast Mashed Potatoes & Gravy Roasted Asparagus Whole Wheat Roll Cherry Crisp</p>	<p>October 19 Breakfast Sandwich (Whole Grain English Muffin, Egg, Cheese, Canadian Bacon) Stewed Tomatoes Orange Juice</p>
<p>October 22 Salisbury Steak Baked Potato Roasted Broccoli & Cauliflower Pumpkin Pie</p>	<p>October 23 Turkey Tetrizzini Spiral Noodles Carrot & Celery Sticks Salad Greens/Dressing Apricots</p>	<p>October 24 Open Faced Roast Beef Sandwich Mashed Potatoes & Gravy 3 Bean Medley Cranberry Juice</p>	<p>October 25 Pigs in a Blanket Baked Beans Marinated Cucumbers & Onions Orange</p>	<p>October 26 Agency Closed No Service Service will Resume Monday October 29, 2012</p>
<p>October 29 Baked Cod Herb Brown Rice Roasted Squash Creamed Spinach Fruit Salad</p>	<p>October 30 Beef Stew w/ Potatoes & Carrots Over a Biscuit Roasted Asparagus Baked Cinnamon Apple Slices</p>	<p>October 31 Chili w/ Meat & Beans Corn Bread Creamed Corn Grape Salad HALLOWEEN TREAT!!!</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

