

Community Action Senior Programs-Congregate Meals September 2012

Monday	Tuesday	Wednesday	Thursday	Friday
September 3 Agency Closed Labor Day	September 4 Chicken & Dumplings Peas & Carrots Roasted Asparagus Apple Sauce	September 5 Egg Salad On Whole Wheat Bread Lentil Soup Bell Pepper Slices Mandarin Oranges	September 6 Taco Salad (Meat, Lettuce, Tomato) Refried Beans Corn Chips Tropical Fruit	September 7 Ravioli w/ Meat Sauce Bread Stick Italian Vegetables Salad Greens & Dressing Pears in Jell-O
September 10 Tuna Salad Whole Grain Bread Carrot Sticks Pea Salad Mixed Fruit	September 11 Chili with Meat & Beans Corn Bread Marinated Cucumbers & Onions Grape Salad	September 12 Meat Loaf AuGratin Potatoes Cooked Cabbage Strawberries & Angel Food Cake	September 13 Polish Sausage On a Whole Grain Bun Sauerkraut Celery Sticks Cinnamon Applesauce	September 14 Beef Stew w/ Potatoes & Carrots Over a Biscuit Roasted Asparagus Baked Apple Slices
September 17 Egg, Spinach & Cheese Quiche Texas Toast Marinated Cucumber & Tomato Salad Banana	September 18 Breaded Pork Cutlet Brown Rice Sweet Peas Glazed Carrots Apple Pie	September 19 Turkey Pasta Salad Whole Grain Crackers Green Beans Pickled Beets Apricots	September 20 Ham & Beans Corn Bread Steamed Broccoli Grapes	September 21 Cheese Burger on Whole Grain Bun Black Bean Salad Calico Corn Pineapple
September 24 Chicken & Cheese Quesadilla Refried Beans Cherry Tomatoes Mango	September 25 Oven Baked Chicken Roasted Potatoes Carrots Whole Grain Roll Apple Sauce	September 26 Tuna Casserole w/ Whole Wheat Noodles Peas Celery Sticks Sliced Apricots	September 27 Sloppy Joe Buttered Corn Brussel Sprouts Mixed Fruit	September 28 Chef Salad (Meat, Cheese, Egg, Tomato & Dressing) Whole Grain Crackers Bean Soup Fresh Strawberries
			A suggested donation is \$3.00 However, no one requesting a meal will be denied meal service	Milk is served with each meal

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