

# Community Action - Apple of My Heart Nutrition - Senior Home Delivery Menu August 2013

| Monday  |   | Wednesday   |   | Friday  |
|---|---|---|---|---|
|   |   |   |   | <b>August 2, 2013</b>   |
| <i>Hot Meal</i>   | <i>Cold Meal</i>  | <i>Hot Meal</i>   | <i>Cold Meal</i>  |   |
| Milk is Served with Each Meal<br>Suggested Donation is \$3.00<br>However, No Individual will<br>be Denied Service for Inability<br>to Donate. |   |   |   | Egg Salad<br>On Whole Wheat Bread<br>Lentil Soup<br>Bell Pepper Slices<br>Mandarin Oranges                      |
| <b>August 5, 2013</b>   |   | <b>August 7, 2013</b>   |   | <b>August 9, 2013</b>   |
| <i>Hot Meal</i>   | <i>Cold Meal</i>  | <i>Hot Meal</i>   | <i>Cold Meal</i>  |   |
| Ravioli w/ Meat Sauce<br>Italian Vegetables<br><br>Caesar Salad   | Pork Tenderloin<br>Cheesy Potatoes<br>Brussel Sprouts<br>Cinnamon Applesauce                                      | Salisbury Steak<br>Mashed Potatoes & Gravy<br>Steamed Broccoli<br>Peach Crisp                     | Roast Turkey Sandwich<br>w/ Cheese, Lettuce & Tomato<br>Baked Chips<br>Fresh Fruit            | Sloppy Joe<br>Whole Grain Bun<br>Buttered Corn<br>Pears   |
| <b>August 12, 2013</b>  |   | <b>August 14, 2013</b>  |   | <b>August 16, 2013</b>  |
| <i>Hot Meal</i>   | <i>Cold Meal</i>  | <i>Hot Meal</i>   | <i>Cold Meal</i>  |   |
| Chicken Nuggets<br>Garlic Mashed Potatoes<br>Glazed Carrots<br>Whole Grain Roll<br>Fruit Cocktail   | Chicken Fajitas w/ Pepper &<br>Onions<br>2 Whole Grain Tortillas<br>Shredded Lettuce/Sour Cream<br>Tropical Fruit | Bob Evans - Sausage, egg<br>and cheese biscuit<br>Hash Browns<br>V-8 Juice<br>Grapefruit Sections | Tuna Salad<br>Whole Wheat Crackers<br>Cucumber Slices<br>3 Bean Medley<br>Grapes              | Sliced Ham w/ Pineapple Glaze<br>Smashed Sweet Potatoes<br>Green Beans<br>Hawaiian Roll<br>Pineapple & Cherries |
| <b>August 19, 2013</b>  |   | <b>August 21, 2013</b>  |   | <b>August 23, 2013</b>  |
| <i>Hot Meal</i>   | <i>Cold Meal</i>  | <i>Hot Meal</i>   | <i>Cold Meal</i>  |   |
| Breaded Chicken Tenders<br>Baked Beans<br>Broccoli with Cheese<br>Fruit Medley  | Polish Sausage/peppers/onions<br>Over Roasted Garlic Mashed<br>Potatoes<br>Steamed Veggies<br>Apple Crisp         | Turkey Tetrazini<br>Peas & Carrots<br>Lima Beans<br>Sliced Peaches                                | Sliced Roast Beef & Cheddar<br>On Whole Wheat<br>Baked Chips<br>Garden Salad<br>Fresh Berries | Fruit Plate<br>Cottage Cheese<br>Vegetable Salad<br>Whole Grain Muffin<br>V-8 Juice                             |
| <b>August 26, 2013</b>  |   | <b>August 28, 2013</b>  |   | <b>August 30, 2013</b>  |
| <i>Hot Meal</i>   | <i>Cold Meal</i>  | <i>Hot Meal</i>   | <i>Cold Meal</i>  |   |
| Chicken Alfredo<br>with Broccoli<br>Italian Style Green Beans<br>Garlic Bread<br>Sliced Apricots  | Chef's Choice   | Chicken Caesar Pasta Salad<br>Cherry Tomatoes<br>Beets<br>Fresh Berries                           | Swedish Meatballs<br>Baked Potato<br>Glazed Carrots<br>Fresh Fruit                            | Cheeseburger<br>Lettuce, Tomato & Onion<br>Mustard Potato Salad<br>Tater Tots<br>Fresh Banana                   |

Apple of My Heart Nutrition is provided by Community Action Partnership of CI & partially funded by Area Agency on Aging Lincolnland.

**For Reservations, Call 217-732-2159 ext. 240**

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