




Community Action Senior Programs-Congregate Meals - December 2013

Monday	Tuesday	Wednesday	Thursday	Friday
2 Goulash Brussels Sprouts Bread Gelatin w/grapefruit Cool Whip	3 Baked Ham Candied Sweet Potatoes Corn Pear Crisp Bread	4 Shepherd's Pie Peas Carrots Whole Grain Roll Pineapple	5 Chicken Broccoli, Rice & Cheese Casserole Green Beans Plums Whole Grain Bread	6 Beef Tips w/Gravy Over Noodles California Blend Veggies Cinnamon Apples Bread
9 Chopped Beef Steak/Gravy White Rice Green Beans Juiced Up Jello Banana Bread	10 Egg Salad/Whole Wheat Crackers Spinach Carrots Strawberries/Cool Whip	11 Pork Chop Scalloped Potatoes Butter Beans Tropical Fruit Whole Grain Roll	12 Turkey A La King Biscuits Capri Veggies Rosy Applesauce	13 Tuna Noodle Casserole Peas Glazed Carrots Graham Crackers Mandarin Oranges
16 Chicken Rotini Pasta Bake Spinach Tomatoes Bread Plums	17 Roasted Sliced Turkey Candied Sweet Potatoes Green Bean Casserole Whole Grain Roll Pumpkin Pie/Cool Whip	18 Pork n Beans Casserole w/Onion Cole Slaw Mandarin Oranges Cornbread	19 Baked Chicken Breast Over Rice Sweet Potatoes Pickled Beets Apples Bread	20 Beef Stew Broccoli Whole Grain Roll Peach Crisp
23 Chicken Strips Baked Beans Cauliflower Diced Pears Rice Pudding	24 Christmas Eve CAPCIL Closed 	25 Christmas Day CAPCIL Closed 	26 Meatloaf Mashed Potatoes Italian Veggies Whole Grain Roll Oranges	27 Baked Tilapia Butter Beans Stewed Tomatoes Pineapple Tidbits Whole Grain Roll
30 Pork Chop Red Cabbage German Potato Salad Peach Crisp	31 New Year's Eve CAPCIL Closed 	Senior Nutrition is provided by Community Action Partnership of Central Illinois and partially funded by Area Agency on Aging Lincolnland	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 732-2159 Ext. 240