

**Community Action Senior Programs-Congregate Meals - January 2014**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>A suggested donation is \$3.00. However, no one requesting a meal will be denied meal service. Milk is served with each meal.</p>	<p>Senior Nutrition is provided by Community Action Partnership of Central Illinois and partially funded by Area Agency on Aging Lincolnland.</p>	<p align="center">1 New Year's Day CAPCIL Closed </p>	<p align="center">2 Turkey Sandwich Creamy Broccoli Soup Peas Diced Peaches Oatmeal Raisin Cookie</p>	<p align="center">3 Chicken Fajitas/tortilla Lima Beans Spanish Rice Applesauce</p>
<p align="center">6 Spaghetti w/Meat Sauce Tossed Salad Mix Breadstick Diced Pears</p>	<p align="center">7 Chicken &amp; Bean Stew Cooked Carrots Whole Grain Roll Pumpkin Whip</p>	<p align="center">8 Salisbury Steak/Gravy Oven Browned Potatoes Italian Veggies Berry Fruit Crisp Bread</p>	<p align="center">9 Turkey Burger Mashed Garlic/Rosemary Potatoes California Blend Veggies Peaches Breadstick</p>	<p align="center">10 Chicken Breast/Mrs. Dash Broccoli Butter Beans Whole Grain Roll Apricots</p>
<p align="center">13 Chopped Beef Steak/Gravy Mashed Potatoes Green Beans Apricots Bread</p>	<p align="center">14 Pork Chop German Potato Salad Red Cabbage Applesauce Slice of Bread</p>	<p align="center">15 Oven Fried Chicken Scalloped Potatoes Peas Orange Fluff Whole Grain Roll</p>	<p align="center">16 Beef Stew Biscuits Butter Beans Peach Crisp</p>	<p align="center">17 Hamburger Pasta Bake Green Beans/Cooked Carrots Whole Grain Roll Banana</p>
<p align="center">20 Martin Luther King Day CAPCIL Closed</p>	<p align="center">21 Chili Chopped Onion Cornbread Spinach Diced Pears</p>	<p align="center">22 Baked Tilapia Stewed Tomatoes Broccoli &amp; Cauliflower Mandarin Oranges Whole Grain Roll</p>	<p align="center">23 Meatloaf Mashed Potatoes/Gravy Peas Pineapple Chunks Graham Crackers</p>	<p align="center">24 Baked Ham Slice Candied Sweet Potatoes Green Beans Banana Pudding/Bananas Whole Grain Roll</p>
<p align="center">27 Tuna Noodle Casserole Green Beans Stewed Tomatoes Slice of Bread Baked Cinnamon Apple Slices</p>	<p align="center">28 Chicken Salad Whole Grain Crackers Pickled Beets Kidney Bean Salad Mandarin Oranges</p>	<p align="center">29 BBQ Chicken Thighs Brussels Sprouts Spinach Whole Grain Roll Diced Pears</p>	<p align="center">30 Shepherd's Pie Peas/Carrots Whole Grain Roll Apple Crisp</p>	<p align="center">31 Chicken, Broccoli, Rice &amp; Cheese Casserole Corn Diced Peaches Bread</p>

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