


Community Action Senior Home Delivery Menu - December 2013

Monday		Wednesday		Friday
Dec. 2		Dec. 4		Dec. 6
<i>Hot Meal</i>	<i>Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	
Goulash Brussels Sprouts Gelatin w/Grapefruit Cool Whip Bread		Shepherd's Pie Peas Carrots Whole Grain Roll Pineapple	Baked Ham Candied Sweet Potatoes Corn Pear Crisp Bread	Beef Tips w/Gravy Over Noodles California Blend Veggies Cinnamon Apples Bread
Dec.9		Dec.11		Dec.13
<i>Hot Meal</i>	<i>Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	
Chopped Beef Steak/Gravy White Rice Green Beans Juiced Up Jello Banana Bread	Chicken Broccoli,Rice & Cheese Casserole Green Beans Plums Whole Grain Roll	Pork Chop Scalloped Potatoes Butter Beans Tropical Fruit Whole Grain Roll	Egg Salad Whole Wheat Crackers Spinach Carrots Strawberries/Cool Whip	Tuna Noodle Casserole Peas Glazed Carrots Graham Crackers Mandarin Oranges
Dec. 16		Dec. 18		Dec. 20
<i>Hot Meal</i>	<i>Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	
Chicken Rotini Pasta Bake Spinach Tomatoes Bread Plums	Turkey A La King Over Biscuits Capri Veggies Rosey Applesauce	Pork n Beans Casserole W/Onion Cole Slaw Mandarin Oranges Cornbread	Roasted Sliced Turkey Candied Sweet Potatoes Green Bean Casserole Whole Grain Roll Pumpkin Pie/Cool Whip	Beef Stew Broccoli Whole Grain Roll Peach Crisp
Dec. 23		Dec. 25		Dec. 27
<i>Hot Meal</i>	<i>Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	
Chicken Strips Baked Beans Cauliflower Diced Pears Rice Pudding	Baked Chicken Breast Over Rice Sweet Potatoes Pickled Beets Apples/Bread	Christmas Day CAPCIL CLOSED		Baked Tilapia Butter Beans Stewed Tomatoes Pineapple Tidbits Whole Grain Roll
Dec. 30		Dec. 31		
<i>Hot Meal</i>	<i>Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	
Pork Chop Red Cabbage German Potato Salad Peach Crisp	Meatloaf Mashed Potatoes Italian Veggies Whole Grain Roll Oranges			Suggested Donation: \$3.00 However, no one requesting a meal will be denied meal services. Milk served with each meal.

FF0000For Reservations, Call 217-732-2159 ext. 240