

JUNE 2013 - Apple of My Heart Nutrition Social Dining Club Menu

Monday	Tuesday	Wednesday	Thursday	Friday
A suggested donation is \$3.00 However, no one requesting a meal will be denied meal service	Milk is served with each meal	Apple of My Heart Nutrition is provided by Community Action Partnership of CI and partially funded by Area Agency on Aging Lincolnland.		
June 3 Polish Sausage Whole Grain Bun Sauerkraut Glazed Carrots Cinnamon Applesauce	June 4 Asian Chicken Fried Rice (Chicken, Egg, Mixed Veggies) Asian Cole Slaw Mandarin Oranges	June 5 Chicken Caesar Pasta Salad Cherry Tomatoes Italian Vegetables Sliced Peaches	June 6 Ham loaf with Pineapple Glaze Smashed Sweet Potatoes Green Beans Hawaiian Roll Fruit Cocktail	June 7 Chicken Tenders Baked Beans Potato Salad Corn Muffin Grapes
June 10 Sliced Roast Beef & Cheddar Sandwich On whole wheat Baked Chips Garden Salad with Lettuce, Tomato, Cucumber & Dressing Fresh Banana	June 11 Creamy Chicken Salad Whole Grain Crackers Carrot & Celery Sticks 3 Bean Medley Strawberries in Jell-O	June 12 Crazy Egg Casserole Home Style Hash Browns Seasoned Spinach V-8 Juice Citrus Salad	June 13 Salisbury Steak with Mashed Potatoes & Gravy Steamed Broccoli Cherry Crisp	June 14 Chicken Fajita Salad With Salsa & Sour Cream Corn & Black Beans Diced Mangos
June 17 Sloppy Joes On Whole Wheat Bun Buttered Corn Garbanzo Bean Salad Sliced Pears	June 18 Bangers & Mash Sautéed Sausage & Peppers Over Roasted Garlic Mashed Potatoes. Mixed Veggies Tangerine Slices	June 19 Baked Cod Wild Rice Steamed Asparagus Tropical Fruit	June 20 Beef Fajitas with Peppers & Onions Whole Grain Tortillas Refried Pinto Beans Mexican Rice Pineapple Upside Down Cake	June 21 PB & J on Whole Wheat Carrot & Celery Sticks Cucumber & Tomato Salad Apple Slices
June 24 Seasonal Fruit Plate Cottage Cheese Vegetable Salad Whole Grain Muffin	June 25 Tuna Salad with Peas & Carrots Whole Wheat Crackers Cucumber Slices Rosy Applesauce Cookie	June 26 Chef Salad (Meat, Cheese, Egg, Tomato) Dressing Whole Grain Crackers Vegetable Bean Medley Sliced Pineapple	June 27 Cheeseburger Whole Grain Bun Lettuce, Tomato, Onion Chips & Dip Creamy Cole Slaw Fresh Berries & Angel Cake	June 28 Breaded Chicken Sandwich on Whole Wheat Bun Lettuce & Tomato Oven Fries Green Beans Fresh Orange

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