

Apple of My Heart Nutrition Home Delivered Menu June 2013

Monday		Wednesday		Friday
Hot Meal		Hot Meal		
Cold Meal		Cold Meal		
Provided by Community Action of Central IL Partially funded by Area Agency on Aging Lincolnland.		Suggested Donation: \$3.00 However, no one requesting a meal will be denied meal services.		
June 3, 2012		June 5, 2012		June 7, 2012
Hot Meal	Cold Meal	Hot Meal	Cold Meal	
Polish Sausage Whole Grain Bun Sauerkraut Glazed Carrots Cinnamon Applesauce	Baked Ham Sweet Potatoes Roasted Asparagus Pineapple Chunks	Chicken Caesar Pasta Salad Cherry Tomatoes Italian Vegetables Sliced Peaches	Asian Chicken Fried Rice (Chicken, Egg, Mixed Veggies) Asian Cole Slaw Mandarin Oranges	Chicken Tenders Baked Beans Potato Salad Corn Muffin Grapes
June 10, 2012		June 12, 2012	June 14, 2012	June 14, 2012
Hot Meal	Cold Meal	Hot Meal	Cold Meal	
Sliced Roast Beef & Cheddar on Whole Wheat Baked Chips Garden Salad Fresh Banana	Ham Loaf with Pinapple Glaze Smashed Sweet Potatoes Green Beans Hawaiian Roll Fruit Cocktail	Crazy Egg Casserole Home Style Hash browns Seasoned Spinach V-8 Juice Citrus Salad	Creamy Chicken Salad Whole Grain Crackers Carrot & Celery Sticks 3 Bean Medley Strawberries in Jell-O	Chicken Fajita Salad salsa & sour cream Corn & Black Beans Diced Mangos
June 17, 2012		June 19, 2012		June 21, 2012
Hot Meal	Cold Meal	Hot Meal	Cold Meal	
Sloppy Joes on Whole Wheat Bun Buttered Corn Garbanzo Bean Salad Sliced Pears	Salisbury Steak with Mashed Potatoes & Gravy Steamed Broccoli Cherry Crisp	Baked Cod Wild Rice Steamed Asparagus Tropical Fruit	Sautéed Sausage & Peppers Garlic Smashed Potatoes Mixed Veggies Tangerine Slices	PB & J on Whole Wheat Carrot & Celery Sticks Cucumber & Tomato Salad Apple Slices
June 24, 2012		June 26, 2012		June 28, 2012
Hot Meal	Cold Meal	Hot Meal	Cold Meal	
Seasonal Fruit Plate Cottage Cheese Vegetable Salad Whole Grain Muffin	Beef Fajitas with Peppers & Onions Whole Grain Tortillas Refried Beans Mexican Rice Pineapple Upside Down Cake	Chef Salad (meat, egg, cheese, tomato) Whole Grain Crackers Vegetable Bean Medley Sliced Pineapple	Tuna Salad with Peas & Carrots Whole Grain Crackers Cucumber Slices Rosy Applesauce Cookie	Breaded Chicken Sandwich (Lettuce & Tomato) Oven Fries Green Beans Fresh Orange

For Reservations, Call 217-732-2159 ext. 240 or 242

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