

Community Action Senior Programs-Congregate Meals - November 2013

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Meals are provided by Community Action Partnership of Central Illinois and partially funded by Area Agency on Aging Lincolnland.</p>	<p>Milk is served with each meal.</p> <p>A suggested donation is \$3.00 However, no one requesting a meal will be denied meal service.</p>			<p>1</p> <p>Hamburger Vegetable Soup Whole Wheat Crackers Cottage Cheese Peach Cobbler</p>
<p>4</p> <p>Oven Fried Chicken Cheesy Cauliflower Cooked Carrots Whole Grain Roll Diced Pears</p>	<p>5</p> <p>Sliced Ham Candied Sweet Potatoes Corn Pineapple Chunks Whole Grain Bread Graham Crackers</p>	<p>6</p> <p>Baked Tilapia Lima Beans Stewed Tomatoes Applesauce Chocolate Cake/Whipped Cream Cheese Icing Whole Grain Bread</p>	<p>7</p> <p>Goulash Green Beans Whole Grain Roll Mixed Berries/Cool Whip</p>	<p>8</p> <p>Egg Salad Sandwich Spinach Peas Strawberries & Cool Whip</p>
<p>11</p> <p>Veteran's Day CAPCIL Closed</p> 	<p>12</p> <p>Tuna Noodle Casserole Peas Carrots Whole Grain Bread Mandarin Oranges</p>	<p>13</p> <p>Chopped Steak/Gravy Oven Baked Fries Butter Beans Fruit Cocktail/Oatmeal Cookie Whole Grain Bread</p>	<p>14</p> <p>Chicken Broccoli Rice Casserole Green Beans Diced Pineapple Whole Grain Bread</p>	<p>15</p> <p>Hot Dog/Bun Potato Chips Broccoli Salad Cottage Cheese Apricots</p>
<p>18</p> <p>Chicken Pasta Bake Garlic Bread Spinach Tomatoes Diced Pears</p>	<p>19</p> <p>Pinto Beans & Ham/diced onion Cole Slaw Cornbread Mandarin Oranges Chocolate Chip Cookie</p>	<p>20</p> <p>Polish Sausage/Bun Sweet Potatoes & Apples Pickled Beets</p>	<p>21</p> <p>Roasted Turkey Mashed Potatoes/Gravy Peas Whole Grain Bread Pumpkin Pie Bar/Cool Whip</p>	<p>22</p> <p>Beef Tips w/gravy over noodles Brussels Sprouts Glazed Carrots Banana</p>
<p>25</p> <p>BBQ Grilled Chicken/Bun Cowboy Beans Cauliflower Diced Pears</p>	<p>26</p> <p>Meatloaf Cheesy Mashed Potatoes Spinach Whole Grain Roll Strawberries & Peaches</p>	<p>27</p> <p>Corn Dog American Potatoes Raw Veggies Cottage Cheese Bananas & Mandarin Oranges</p>	<p>28</p> <p>CAPCIL Closed</p> 	<p>29</p> <p>CAPCIL Closed</p>