

Community Action Senior Programs-Congregate Meals - October Menu 2013

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
Sr. Nutrition is sponsored by CAPCIL and partially funded by Area Agency on Aging Lincolnland.	Ham & Beans - 6 oz Corn Bread - 2 " Applesauce - 4 oz Peach Crisp - 4 oz	Cheeseburger/w gr.Bun - 3 oz Pickles/Sliced Onion/Tomato/Lettuce - 4 oz Baked Beans - 4 oz Banana	Sliced Turkey - 3 oz Seasoned Potatoes - 4 oz Peas - 4 oz Dinner Roll Diced Pears - 4 oz	Chicken Salad - 3 oz w/ Wh.Gr. Crackers - 2 packs Cottage Cheese - 3 oz Three Beans salad - 4 oz Celery Sticks Mixed Berries - 4 oz
7	8	9	10	11
Chicken Noodle Soup - 6 oz (w/carrots,celery,onion) Sliced Cheese on w/gr bread - 3 oz Buttered Corn - 4 oz Diced Peaches- 4 oz	Hot Dog/Bun - 3 oz Baked Beans - 4 oz Cole Slaw - 4 oz Mandarin Oranges- 4 oz Graham Crackers	Spaghetti/Meatballs - 6 oz Garlic Bread Peas - 4 oz Side Salad/I talian Dressing Strawberries/Cool Whip - 4 oz	Sliced Ham - 3 oz Candied Sweet Potatoes - 4 oz Green Bean Casserole - 4 oz Chunk Pineapple - 4 oz Whole Grain Dinner Roll	Turkey Pasta Salad/Ranch Dressing - 6 oz Carrots Sticks - 4 oz Fruit Cocktail - 4 oz Pumpkin Pie
14	15	16	17	18
Beef Fajita - 3 oz Onions & Peppers - 2 oz Sour Cream Three Bean Salad - 4 oz Banana	Pork Chop - 3 oz Mashed Potatoes - 4 oz Cauliflower/cheese - 4 oz Whole Grain Roll Mandarin Oranges - 4 oz	Chili Mac/Oyster Crackers - 6 oz Chopped Onion - 1 oz Spinach - 4 oz Cottage Cheese 4 oz Diced Peaches	Polish Sausage/Bun - 3 oz Seasoned Potatoes - 4 oz Peas & Carrots - 4 oz Diced Pears - 4 oz Oatmeal Cookies - 2	Ham Salad Sandwich - 3 oz Carrot/Celery Sticks - 4 oz Applesauce - 4 oz Broccoli Salad - 4 oz
21	22	23	24	25
BBQ Ribbette - 3 Whole Grain Bun Garden Salad/vinaigrette dressing Baked Beans - 4 oz Pear	Oven Fried Chicken - 3 oz Mashed Potatoes/Gravy - 4 oz Green Beans - 4 oz Buttered Roll Banana Pudding w/banana slices Vanilla Wafers	Baked Fish/Tartar Sauce - 3 oz Seasoned White Rice - 4 oz Lima Beans - 4 oz Slice of Whole Grain Bread Diced Peaches - 4 oz	Tuna Salad on w/gr bread - 3 oz Creamy Broccoli Soup - 6 oz Peas - 4 oz Diced Pears - 4 oz	Beef Stew w/Potatoes & Carrots - 6 oz Over Biscuits Cole Slaw - 4 oz Baked Apple Slices - 4 oz
28	29	30	31	
Tomato Basil Soup- 6 oz Crackers Sliced Turkey & Cheese on W/Gr. Bread - 3 oz Carrot & Celery Sticks Cinnamon Applesauce	Chopped Beef Steak - 3 oz Mashed Potatoes & Gravy - 4 oz Cowboy Beans - 4 oz Whole Grain Roll Cherry Crisp	I talian Grilled Chicken - 3 oz Oven Fried Potatoes - 4 oz Breaded Stewed Tomatoes - 4 oz Slice of Whole Grain Bread Banana	Cottage Cheese - 4 oz Cornbread Kidney Bean Salad - 4 oz Cherry Tomatoes/Celery Sticks - 4 oz Mixed Berries - 4 oz	Suggested Donation is \$3.00 per meal. However no individual will be denied service for inability to donate.  Milk served at each meal.