

Apple of My Heart Nutrition - Senior Home Delivery Menu September 2013

Monday		Wednesday		Friday
September 2, 2013		September 4, 2013		September 6, 2013
<i>Hot Meal</i>	<i>Cold Meal - Friday August 30</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	
LABOR DAY! Agency Closed No Meal Service Two Meals will be Served Friday August 30, 2013	Pepperoni French Bread Pizza Steamed Vegetables Marinated Bean Salad Creamy Fruit Salad	Polish Sausage Whole Grain Bun Sauerkraut Glazed Carrots Cinnamon Applesauce	Chicken & Dumplings Peas & Carrots Lima Beans Grapes	Taco Salad Beef, Lettuce, Salsa & Cheese Refried Beans Corn Chips Tropical Fruit
September 9, 2013		September 11, 2013		September 13, 2013
<i>Hot Meal</i>	<i>Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	
White Chicken Chili Buttered Corn Whole Grain Crackers Fresh Fruit	Spaghetti Bake Italian Green Beans Side Salad Chocolate Cake Cherry Topping	Chef Salad (Meat, Cheese, Egg & Tom) Whole Grain Crackers Black Bean Soup Fresh Strawberries	Beef Stew Potatoes & Carrots Over a Biscuit Steamed Veggies Baked Apple Slices	Egg, Spinach & Cheese Quiche Whole Grain Muffin Vegetable Salad V-8 Juice Sliced Pears
September 16, 2013		September 18, 2013		September 20, 2013
<i>Hot Meal</i>	<i>Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	
Baked Cod Wild Rice Seasoned Spinach Mixed Veggies Apricots	Chicken & Cheese Quesadilla Corn & Black Bean Salad Marinated Tomatoes & Cucumbers Mango	Turkey Pasta Salad Whole Grain Crackers 3 Bean Medley Pickled Beets Sliced Peaches	BBQ Ribbette Green Beans Scalloped Potatoes Dinner Roll Sliced Pineapple	Chicken, Broccoli, Rice & Cheese Casserole Mixed Veggies Mixed Fruit
September 23, 2013		September 25, 2013		September 27, 2013
<i>Hot Meal</i>	<i>Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	
Oven Baked Chicken Garlic Mashed Potatoes Roasted Broccoli & Cauliflower Peach Crisp	Ham & Beans Corn Bread Glazed Carrots Apple Crumb Bake	Creamy Potato & Bacon Soup Sliced Turkey on Whole Wheat w/ Let, Tom & Cheese Garbanzo Bean Salad Slice Pears	Meatball Sub w/ Marinara & Cheese Cole Slaw Steamed Veggies Mixed Fruit	BLT on Whole Wheat Bean Salad Carrot & Celery Sticks Fresh Fruit
September 30, 2013				
<i>Hot Meal</i>	<i>Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	
Smoked Pork Chop Cheesy Potatoes Baked Beans Pineapple Salad	Meat Loaf AuGratin Potatoes Steamed Asparagus Sliced Peaches			Milk is Served with Each Meal Suggested Donation is \$3.00 However, No Individual will be Denied Service for Inability to Donate.

Apple of My Heart Nutrition is provided by Community Action Partnership of CI & partially funded by Area Agency on Aging Lincolnland.

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