

**Community Action Senior Programs-Congregate Meals - April 2014**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>A suggested donation is \$3.00. However, no one requesting a meal will be denied meal service. Milk is served with each meal.</p>	<p align="right">1</p> <p>Hamburger Rotini Pasta Bake Capri Veggies Bread Mixed Berries/Cool Whip</p>	<p align="right">2</p> <p>Oven Fried Chicken Mashed Potatoes Corn Whole Grain Roll Dutch Apple Pie</p>	<p align="right">3</p> <p>Pork Chop Carrots Lima Beans Whole Grain Roll Diced Pears</p>	<p align="right">4</p> <p>Cheeseburger/Bun Kidney Bean salad Cole Slaw Diced Peaches</p>
<p align="right">7</p> <p>Baked Chicken Thighs/Mrs. Dash Scalloped Potatoes Peas Cooked Apples</p>	<p align="right">8</p> <p>Roasted Sliced Turkey Butter Beans Carrots Whole Grain Roll Banana Pudding Banana</p>	<p align="right">9</p> <p>Salisbury Steak/Gravy Mashed Potatoes Broccoli Bread Fruit Cocktail</p>	<p align="right">10</p> <p>Beef Fajitas/Tortillas Sautéed Green Peppers/Onions/Salsa/Cheese/Sour Cream Black Eyed Peas Rosy Applesauce</p>	<p align="right">11</p> <p>Chef's Salad Diced Ham/Diced Chicken Tomatoes/Onion/Hard Boiled Egg Shredded Carrots/Cheese Dressing Bread Stick</p>
<p align="right">14</p> <p>Swedish Meatballs Cheesy Cauliflower Green Beans Whole Grain Roll Peach Crisp</p>	<p align="right">15</p> <p>Baked Tilapia Seasoned Potato Wedges Lima Beans Pineapple Chunks Whole Grain Bread</p>	<p align="right">16</p> <p>Chicken Strips Peas Breaded Tomatoes Baked Apple Slices</p>	<p align="right">17</p> <p>Polish Sausage/Bun Cooked Cabbage Carrots Diced Pears Oatmeal Cookie</p>	<p align="right">18</p> <p>Chicken Salad Sandwich Tomato Soup Marinated Carrots Applesauce</p>
<p align="right">21</p> <p>Chopped Beef Steak/Gravy Mashed Potatoes Corn Orange Fluff Whole Grain Roll</p>	<p align="right">22</p> <p>Chicken &amp; Noodles Peas Carrots Diced Peaches Whole Grain Roll</p>	<p align="right">23</p> <p>Baked Ham Sweet Potatoes Baked Beans Pineapple Chunks Bread</p>	<p align="right">24</p> <p>Roasted Turkey Seasoned Whole Baby Potatoes California Blend Veggies Plums Bread</p>	<p align="right">25</p> <p>Egg Salad Sandwich Three Bean Salad Creamy Cole Slaw Mixed Berries/Cool Whip</p>
<p align="right">28</p> <p>Ham &amp; Beans Chopped Onion Carrots Cornbread Diced Peaches</p>	<p align="right">29</p> <p>Chicken Pasta Bake Brussels Sprouts Mixed Vegetables Mandarin Oranges Breadstick</p>	<p align="right">30</p> <p>Beef Tips Over Whole Wheat Noodles Corn Side Salad Pear Crisp</p>		<p>Senior Nutrition is provided by Community Action Partnership of Central Illinois and partially funded by Area Agency on Aging Lincolnland.</p>

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