

Community Action Senior Home Delivery Menu - August 2014

Monday		Wednesday		Friday
				August 1, 2014
<i>Hot Meal</i>	<i>Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	
Suggested Donation: \$3.00 However, no one requesting a meal will be denied meal service Milk served with each meal Reservation -732-2159 ext. 240		Senior Nutrition is provided by Community Action Partnership of Central Illinois and partially funded by Area Agency on Aging for Lincolnland		Diced Ham Pasta Salad w/Cherry Tomatoes/Diced Onion Pickled Beets WG Crackers Banana
August 4, 2014		August 6, 2014		August 8, 2014
<i>Hot Meal</i>	<i>Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	
BBQ Pork Chops Peas Mixed Berries/Cool Whip Over Angel Food Cake	Chicken & Dumplings Butter Beans Green Beans Cinnamon Applesauce Graham Crackers	Baked Chicken Thighs/Mrs. Dash Cooked Carrots Broccoli Tropical Fruit Salad Whole Grain Bread	Sliced Turkey Sandwich/WG Cucumber Salad Tomato Soup Diced Pears	Hot Dog/Bun Baked Beans Potato Salad Banana
August 11, 2014		August 13, 2014		August 15, 2014
<i>Hot Meal</i>	<i>Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	
Polish Sausage/Bun German Potato Salad Red Cabbage Mixed Fruit	Tuna Salad Sandwich Kidney Bean Salad Applesauce Fruit Cocktail	Pop Corn Shrimp Seasoned Potato Wedges Creamy Cole Slaw Peach Crisp Bread	Chicken Pasta Bake Peas Cheesy Cauliflower Diced Pineapple WG Bread	Sliced Ham Sandwich/WG 3 Bean Salad Carrot & Celery Sticks Mandarin Oranges
August 18, 2014		August 20, 2014		August 22, 2014
<i>Hot Meal</i>	<i>Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	
Chicken Caesar Pasta Salad/ Cherry Tomatoes Pickled Beets WG Crackers Diced Pears	Ravioli/Meat Sauce Capri Veggies Side Salad/Dressing Baked Apple Slices Breadstick	BLT Sandwich Cottage Cheese Pea Salad Banana Pudding Banana	Chopped Beef Steak/Gravy Mashed Potatoes Corn Rosy Applesauce WG Bread	Chicken Fajita's Sauteed Green Peppers & Onions Salsa/Sour Cream/Shredded Cheese Pinto Beans Mangos
August 25, 2014		August 27, 2014		August 29, 2014
<i>Hot Meal</i>	<i>Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	
Chef's Choice Will include a meat, 2 servings veggies 1 serving fruit 2 grain	Chicken Salad Sandwich 3 Bean Salad Tomato Basil Soup Diced Peaches Oatmeal Raisin Cookie	Chef's Salad/Dressing/WG Crackers w/Diced Ham & Chicken/Shredded Carrots/Diced Onion & Green Peppers/Shredded Cheese Strawberries/Cool Whip	Oven Baked Chicken Baked Sweet Potato Wedges Green Beans Mixed Fruit WG Bread	Turkey Cheeseburger Cowboy Beans California Blend Veggies Applesauce

For reservations call 217-732-2159 ext 240

