

Community Action Senior Programs-Congregate Meals - December 2014

Monday	Tuesday	Wednesday	Thursday	Friday
1 Cheesy Chicken Broccoli & Rice Casserole Green Beans Plums WG Bread	2 Chili/Oyster Crackers Side Salad/Dressing Mixed Berries/Cool Whip Chocolate Cake	3 Baked Tilapia/Lemon Pepper/Butter Stewed Tomatoes Peas Peach Crisp Bread	4 Beef Tips/Gravy Over Noodles Corn Carrots Mixed Fruit WG Bread	5 Ham & Beans Diced Onion Cornbread Diced Pears
8 Spaghetti & Meatballs Italian Blend Veggies Cinnamon Applesauce Diced Peaches Breadstick	9 Chopped Beef Steak/Sauteed Onions/Gravy Mashed Potatoes Brussels Sprouts Diced Pears WG Bread	10 Chicken Broccoli Alfredo/Over Noodles Corn Apricots Bread	11 Smothered Pork Chops/Onions Sweet Potatoes Lima Beans Orange Fluff WG Bread	12 Oven Fried Chicken Scalloped Potatoes Peas Banana Bread
15 Beef Fajita's/Sauteed Green Peppers & Onions/Sour Cream/Salsa/Shredded Cheese Pinto Beans Mixed Berries/Cool Whip	16 Roasted Turkey/Gravy Mashed Potatoes Green Bean Casserole Cornbread Dressing Cranberry Sauce Pumpkin Pie/Cool Whip	17 Swedish Meatballs/Over Noodles Brussels Spouts Glazed Carrots Baked Cinnamon Apple Slices WG Bread	18 Ham Loaf Candied Sweet Potatoes Lima Beans Diced Peaches WG Bread	19 Sausage Gravy Over Biscuits Scrambled Eggs Hash Browns V-8 Juice Orange
22 Breakfast Casserole w/Diced Ham/Eggs/Cheese/Diced Onion/Spinach V-8 Juice Grapefruit Sections Muffin	23 Tuna Noodle Casserole/Peas & Carrots Spinach Cherry Crisp WG Bread	24 CAPCIL Closed - Christmas Eve 	25 CAPCIL Closed 	26 Parmesan Chicken Oven Roasted Baby Potatoes Glazed Carrots Rosy Applesauce WG Bread
29 Sloppy Joe's Cowboy Beans Chips Mixed Fruit	30 BBQ Chicken Thigh Green Beans with Baby Potatoes Cauliflower Orange Fluff WG Bread	31 CAPCIL Closed - New Year's Eve 	A suggested donation is \$3.00. However, no one requesting a meal will be denied meal service. Milk is served with each meal.	Senior Nutrition is provided by Community Action Partnership of Central Illinois and partially funded by Area Agency on Aging for Lincolnland.

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