


## Community Action Senior Home Delivery Menu - December 2014

Monday		Wednesday		Friday
<b>Dec. 1</b>		<b>Dec. 3</b>		<b>Dec. 5</b>
<i>Hot Meal</i>	<i>Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	
Cheesy Chicken Broccoli & Rice Casserole Green Beans Plums WG Bread	Sack Lunch PB & J Sandwich WG Carrot Sticks Orange Juice Apple	Baked Tilapia/Lemon Pepper/ Butter Stewed Tomatoes Peas Peach Crisp/Bread	Chili/Oyster Crackers Side Salad/Dressing Mixed Berries/Cool Whip Chocolate Cake	Ham & Beans Diced Onion Cornbread Diced Pears
<b>Dec. 8</b>		<b>Dec. 10</b>		<b>Dec. 12</b>
<i>Hot Meal</i>	<i>Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	
Spaghetti & Meatballs Italian Blend Veggies Cinnamon Applesauce Diced Peaches Breadstick	Beef Tips/Gravy/Over Noodles Corn Carrots Mixed Fruit WG Bread	Chicken Broccoli Alfredo Over Noodles Corn Apricots Bread	Chopped Beef Steak/Sauteed Onions Mashed Potatoes/Gravy Brussels Sprouts Diced Pears WG Bread	Oven Fried Chicken Scalloped Potatoes Peas Banana Bread
<b>Dec. 15</b>		<b>Dec. 17</b>		<b>Dec. 19</b>
<i>Hot Meal</i>	<i>Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	
Beef Fajita's/Sour Cream/Salsa Sauteed Onion/Green Peppers Shredded Cheese Pinto Beans Mixed Berries/Cool Whip	Smothered Pork Chops/Onions Sweet Potatoes Lima Beans Orange Fluff WG Bread	Swedish Meatballs Over Noodles Brussels Sprouts Glazed Carrots Baked Cinnamon Apple Slices WG Bread	Roasted Turkey/Gravy Mashed Potatoes/Green Bean Cass. Cornbread Dressing Cranberry Sauce Pumpkin Pie/Cool Whip	Sausage Gravy Over Biscuits Scrambled Eggs Hash Browns V-8 Juice Orange
<b>Dec. 22</b>		<b>Dec. 24</b>		<b>Dec. 26</b>
<i>Hot Meal</i>	<i>Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	
Breakfast Casserole/Diced Ham Eggs/Cheese/Diced Onion Spinach V-8 Juice/Grapefruit Sections Muffin	Ham Loaf Candied Sweet Potatoes Lima Beans Diced Peaches WG Bread	CAPCIL Closed for Christmas Eve & Day		Parmesan Chicken Oven Roasted Baby Potatoes Glazed Carrots Rosy Applesauce WG Bread
<b>Dec. 29</b>		<b>Dec. 31</b>		
<i>Hot Meal</i>	<i>Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	
Sloppy Joe's Cowboy Beans Chips Mixed Fruit	Sack Lunch PB & J Sandwich WG Yogurt Cup V-8 Juice Orange	CAPCIL Closed for New Year's Eve and New Year's Day		
		<b>Suggested Donation: \$3.00</b> <b>However, no one requesting a meal will be denied meal service</b> <b>Milk served with each meal</b> <b>Reservation -732-2159 ext. 240</b>		<b>Senior Nutrition is provided by</b> <b>Community Action Partnership of</b> <b>Central Illinois and partially funded</b> <b>by Area Agency on Aging</b> <b>for Lincolnland</b>

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



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