

**Community Action Senior Home Delivery Menu - February 2014**

<b>Monday</b>		<b>Wednesday</b>		<b>Friday</b>
<b>Feb. 3</b>		<b>Feb. 5</b>		<b>Feb. 7</b>
<i>Hot Meal</i>	<i>Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	
Polish Sausage/Bun German Potato Salad Red Cabbage Applesauce	Shepherd's Pie Peas/Carrots Whole Grain Roll Apple Crisp	Beef Tips/Gravy Over Whole Wheat Noodles Asparagas Mandarin Oranges Roll	Chicken Salad Sandwich Whole Grain Bread Three Bean Salad Pickled Beets Diced Pears	Oven Fried Chicken Mashed Potatoes/Gravy Corn Whole Grain Roll Banana
<b>Feb. 10</b>		<b>Feb. 12</b>		<b>Feb. 14</b>
<i>Hot Meal</i>	<i>Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	
Pork Chop Butter Beans Seasoned Cooked Cabbage Mandarin Oranges Whole Grain Roll	Chicken/Stewed Tomatoes Rice Casserole/Topped w Cheese Lima Beans Fruit Cocktail Whole Grain Roll	Lincoln's Birthday CAPCIL Closed		Cheeseburger/Bun Carrots Corn Diced Peaches Brownies
<b>Feb. 17</b>		<b>Feb. 19</b>		<b>Feb. 21</b>
<i>Hot Meal</i>	<i>Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	
President's Day CAPCIL Closed		Baked Tilapia Seasoned Potato Wedges Stewed Tomatoes Orange Fluff Whole Wheat Roll	Chopped Beef Steak/Gravy Peas Candied Carrots Diced Pears Whole Grain Roll	Sloppy Joe's/Bun Creamy Cole Slaw Kidney Bean Salad Banana
<b>Feb. 24</b>		<b>Feb. 26</b>		<b>Feb. 28</b>
<i>Hot Meal</i>	<i>Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	
Baked Ham Slice Baked Beans Corn Whole Grain Roll Cherry Crisp	Chicken Strips Lima Beans Cauliflower Applesauce Rice Pudding	Swedish Meatballs Over Noodles Butter Beans Harvard Beets Bread/Plums	Turkey Tetrazzini Peas Glazed Carrots Diced Pineapple Bread/Oatmeal Cookie	Fish Sticks Seasoned Potato Wedges Green Beans Whole Grain Roll Banana Pudding/Banana
<i>Hot Meal</i>	<i>Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	
Milk Served with each meal				Suggested donation \$3.00 However no one requesting a meal will be denied meal service due to inability to pay.