

Community Action Senior Programs-Congregate Meals - February 2014

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Polish Sausage/Bun German Potato Salad Red Cabbage Applesauce</p>	<p>4</p> <p>Chicken Salad Sandwich on Whole Grain Bread Three Bean Salad Pickled Beets Diced Pears</p>	<p>5</p> <p>Beef Tips/Gravy Over Whole Wheat Noodles Asparagus Mandarin Oranges Whole Grain Roll</p>	<p>6</p> <p>Chicken/Stewed Tomatoes &amp; Rice Casserole/Topped w Cheese Lima Beans Fruit Cocktail Bread</p>	<p>7</p> <p>Oven Fried Chicken Mashed Potatoes/Gravy Corn Whole Grain Roll Banana</p>
<p>10</p> <p>Pork Chop Butter Beans Seasoned Cooked Cabbage Mandarin Oranges Bread</p>	<p>11</p> <p>Meatloaf Scalloped Potatoes Green Beans Whole Grain Roll Apricots</p>	<p>12</p> <p>Lincoln's Birthday CAPCIL Closed</p>  <p>Lincoln</p>	<p>13</p> <p>Hamburger Gravy Mashed Potatoes Peas Whole Grain Roll Peach Crisp</p>	<p>14</p> <p>Cheese Burger/Bun Carrots/Corn Fruit Cocktail Chocolate Cake</p> 
<p>17</p> <p>President's Day CAPCIL Closed</p> 	<p>18</p> <p>Chopped Beefsteak/Gravy Peas Candied Carrots Diced Pears Whole Grain Roll</p>	<p>19</p> <p>Baked Tilapia Seasoned Potato Wedges Stewed Tomatoes Orange Fluff Whole Wheat Roll</p>	<p>20</p> <p>Chicken Strips Lima Beans Cauliflower Applesauce Rice Pudding</p>	<p>21</p> <p>Sloppy Joe's/Bun Creamy Cole Slaw Kidney Bean Salad Banana</p>
<p>24</p> <p>Baked Ham Slice Baked Beans Corn Whole Grain Roll Cherry Crisp</p>	<p>25</p> <p>Turkey Tetrizzini Peas Glazed Carrots Diced Pineapple Bread Oatmeal Cookie</p>	<p>26</p> <p>Swedish Meatballs Over Noodles Butter Beans Harvard Beets Bread Plums</p>	<p>27</p> <p>Baked Chicken Thighs/Mrs. Dash Whole Baby Potatoes/Parley Broccoli/Cheese Sauce Bread Rosy Applesauce</p>	<p>28</p> <p>Fish Sticks Seasoned Potato Wedges Green Beans Whole Grain Roll Banana Pudding/Banana</p>
<p>Milk served with each meal.</p>			<p>Senior Nutrition is provided by Community Action Partnership of Central Illinois and partially funded by Area Agency On Aging Lincolnland.</p>	<p>Suggested donation \$3.00 However no one requesting a meal Will not be denied service due to inability to pay.</p>

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