

Community Action Senior Home Delivery Menu - January 2014

Monday		Wednesday		Friday
<i>Hot Meal</i>		<i>Cold Meal</i>		January 3, 2013
Suggested Donation: \$3.00 However, no one requesting a meal will be denied meal services. Milk served with each meal Reservation -732-2159 ext. 240		New Year's Day CAPCIL Closed 		Chicken Fajitas/Tortilla Lima Beans Spanish Rice Applesauce
Jan. 6		Jan. 8		Jan. 10
<i>Hot Meal</i>		<i>Cold Meal</i>		
Spaghetti w/Meat Sauce Tossed Salad Mix Breadstick Diced Pears	Turkey Sandwich Creamy Broccoli Soup Peas Diced Peaches Oatmeal Raisin Cookie	Salisbury Steak/Gravy Oven Browned Potatoes Italian Veggies Berry Fruit Crisp Bread	Chicken & Bean Stew Cooked Carrots Whole Grain Roll Pumpkin Whip	Chicken Breast/Mrs. Dash Broccoli Butter Beans Whole Grain Roll Apricot
Jan. 13		Jan. 15		Jan. 17
<i>Hot Meal</i>		<i>Cold Meal</i>		
Chopped Beef Steak/Gravy Mashed Potatoes Green Beans Apricots Bread	Turkey Burger Garlic/Rosemary Mashed Potatoes California Blend Veggies Peaches/Breadstick	Oven Fried Chicken Scalloped Potatoes Peas Orange Fluff Whole Wheat Roll	Pork Chop German Potato Salad Red Cabbage Applesauce Slice of Bread	Hamburger Pasta Bake Green Beans Cooked Carrots Whole Grain Roll Banana
Jan. 20.		Jan. 22		Jan. 24
<i>Hot Meal</i>		<i>Cold Meal</i>		
Martin Luther King Day CAPCIL Closed		Baked Tilapia Stewed Tomatoes Broccoli & Cauliflower Mandarin Oranges Whole Grain Roll	Chili/Chopped Onion Cornbread Spinach Diced Pears	Baked Ham Slice Candied Sweet Potatoes Green Beans Banana Pudding/Banana Whole Grain Roll
Jan. 27		Jan. 29		Jan. 31
<i>Hot Meal</i>		<i>Cold Meal</i>		
Tuna Noodle Casserole Green Beans Stewed Tomatoes Slice of Bread Baked Cinnamon Apple Slice:	Meatloaf Mashed Potatoes/Gravy Peas Pineapple Chunks Graham Crackers	BBQ Chicken Thighs Brussels Sprouts Spinach Whole Grain Roll Diced Pears	Chicken Salad Whole Grain Crackers Pickled Beets Kidney Bean Salad Mandarin Oranges	Chicken, Broccoli, Rice & Cheese Casserole Corn Diced Peaches Bread

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