

Community Action Senior Programs-Congregate Meals - July 2014

Monday	Tuesday	Wednesday	Thursday	Friday
<p>A suggested donation is \$3.00. However, no one requesting a meal will be denied meal service. Milk is served with each meal.</p>	<p>1</p> <p>Hot Dog/Bun Chili/Diced Onion/Cheese Green Beans Peach Crisp</p>	<p>2</p> <p>Chicken Pasta Bake Peas Corn Mixed Fruit Breadstick</p>	<p>3</p> <p>Cheeseburger/Bun Baked Beans Seasoned Potato Wedges Strawberries/Cool Whip Over Angel Food Cake</p>	<p>CAPCIL CLOSED</p> 
<p>7</p> <p>Chef's Choice Will include a meat, 2 vegetable servings, 1 fruit serving and 2 grains</p>	<p>8</p> <p>Smothered Pork Chops Mashed Potatoes Spinach Mandarin Oranges Whole Grain Bread</p>	<p>9</p> <p>Sliced Turkey Sandwich on Whole Grain Bread Tomato Soup 3 Bean Salad Diced Pears</p>	<p>10</p> <p>BBQ Chicken Thighs Candied Carrots Butter Beans Bread Diced Peaches</p>	<p>11</p> <p>Chicken Salad on Whole Grain Bread Side Salad/Dressing Carrot Sticks Banana</p>
<p>14</p> <p>Swedish Meatballs Over Noodles Green Beans Peas Diced Peaches Bread</p>	<p>15</p> <p>Parmesan Chicken Garlic Mashed Potatoes Green Beans Fruit Cocktail Whole Grain Bread</p>	<p>16</p> <p>Chef's Salad/Dressing w/ Diced Ham, Tomatoes, Shredded Carrots & Cheese Whole Wheat Crackers Mixed Berries/Cool Whip</p>	<p>17</p> <p>Baked Tilapia Stewed Tomatoes Brussels Sprouts Rosy Applesauce Bread</p>	<p>18</p> <p>Cottage Cheese Cucumber Salad Kidney Bean salad Whole Grain Crackers Orange</p>
<p>21</p> <p>Ravioli/Meat Sauce Capri Veggies Breadstick Tropical Fruit Salad</p>	<p>22</p> <p>Turkey Burger/Bun Side Salad/Dressing Peas Cherry Crisp</p>	<p>23</p> <p>Chicken Caesar Pasta Salad w/Cherry Tomatoes Pickled Beets Whole Grain Crackers Banana</p>	<p>24</p> <p>Beef Fajita's w/ Sauteed Onions & Green Peppers/Salsa/Sour Cream Pinto Beans Cinnamon Applesauce</p>	<p>25</p> <p>Sliced Ham Sandwich Mustard Potato Salad Creamy Cole Slaw Diced Pears</p>
<p>28</p> <p>Tuna Noodle Casserole Spinach Carrots Whole Wheat Bread Mixed Berries/Cool Whip</p>	<p>29</p> <p>Chopped Beef Steak/Gravy Mashed Potatoes Corn Mandarin Oranges Whole Wheat Bread</p>	<p>30</p> <p>Meatball Sub Sandwich w/ Marinara & Cheese Peas Fruit Cocktail Oatmeal Raisin Cookie</p>	<p>31</p> <p>Chicken & Dumplings Butter Beans Green Beans Cinnamon Applesauce Graham Crackers</p>	<p>Senior Nutrition is provided by Community Action Partnership of Central Illinois and partially funded by Area Agency on Aging for Lincolnland.</p>

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