


Community Action Senior Home Delivery Menu - July 2014

Monday		Wednesday		Friday
<i>Hot Meal</i> <i>Cold Meal</i>		July 2, 2014		CAPCIL CLOSED 4TH OF JULY
Suggested Donation: \$3.00 However, no one requesting a meal will be denied meal service Milk served with each meal		<i>Hot Meal</i>	<i>Cold Meal</i>	
		Chicken Pasta Bake Peas Corn Mixed Fruit Breadstick	Hot Dog/Bun Chili w/Diced Onion/Cheese Green Beans Peach Crisp	
July 7, 2014		July 9, 2014		July 11, 2014
<i>Hot Meal</i> <i>Cold Meal</i>		<i>Hot Meal</i> <i>Cold Meal</i>		Chicken Salad on Whole Wheat Bread Side Salad/Dressing Carrot Sticks Banana
Chef's Choice Will include a meat, 2 vegetable servings and 1 fruit 2 Grains	Cheeseburger/Bun Baked Beans Seasoned Potato Wedges Strawberries/Cool Whip Over Angel Food Cake	Sliced Turkey Sandwich on Whole Wheat Bread Tomato Soup 3 Bean Salad Diced Pears	Smothered Pork Chops Mashed Potatoes Spinach Mandarin Oranges Whole Wheat Bread	
July 14, 2014		July 16, 2014		July 18, 2014
<i>Hot Meal</i> <i>Cold Meal</i>		<i>Hot Meal</i> <i>Cold Meal</i>		Cottage Cheese Cucumber Salad Kidney Bean Salad Whole Grain Crackers Orange
Swedish Meatballs Over Noodle Green Beans Peas Diced Peaches Bread	BBQ Chicken Thigh Candied Carrots Butter Beans Fruit Cocktail Whole Wheat Bread	Chef's Salad/Dressing w/Diced Ham, Tomatoes, Shredded Carrots & Cheese Whole Grain Crackers Mixed Berries/Cool Whip	Parmesan Chicken Garlic Mashed Potatoes Green Beans Fruit Cocktail Whole Wheat Bread	
July 21, 2014		July 23, 2014		July 25, 2014
<i>Hot Meal</i> <i>Cold Meal</i>		<i>Hot Meal</i> <i>Cold Meal</i>		Sliced Ham Sandwich Mustard Potato Salad Creamy Cole Slaw Diced Pears
Ravioli/Meat Sauce Capri Veggies Breadstick Tropical Fruit Salad	Baked Tilapia Stewed Tomatoes Brussels Sprouts Rosy Applesauce Bread	Chicken Caesar Pasta Salad w/ Cherry Tomatoes Pickled Beets Whole Grain Crackers Banana	Turkey Burger/Bun Side Salad/Dressing Peas Cherry Crisp	
July 28, 2014		July 30, 2014		Senior Nutrition is provided by Community Action Partnership of Central Illinois and partially funded by Area Agency on Aging for Lincolnland.
<i>Hot Meal</i> <i>Cold Meal</i>		<i>Hot Meal</i> <i>Cold Meal</i>		
Tuna Noodle Casserole Spinach Carrots Whole Wheat Bread Mixed Berries/Cool Whip	Beef Fajita's w/ Sauteed Onions & Green Peppers/Salsa/Sour Cream Pinto Beans Cinnamon Applesauce	Meatball Sub Sandwich w/ Marinara Sauce & Cheese Peas Fruit Cocktail Oatmeal Raisin Cookie	Chopped Beef Steak/Gravy Mashed Potatoes Corn Mandarin Oranges Whole Wheat Bread	

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