

**Community Action Senior Programs-Congregate Meals - June 2014**

Monday	Tuesday	Wednesday	Thursday	Friday
2 Baked Tilapia Spinach Stewed Tomatoes Tropical Fruit Salad Whole Grain Bread	3 Beef Fajita's w/sautéed Onions & Green Peppers/Salsa/Shredded Cheese/Sour Cream Pinto Beans Rosy Applesauce	4 Parmesan Chicken Seasoned Potato Wedges Brussels Sprouts Peach Crisp Bread	5 Creamy Ranch Turkey Pasta Salad w/ Cherry Tomatoes Marinated Cucumbers & Onions Orange Fluff Whole Grain Crackers	6 Cottage Cheese 3 Bean Salad Pickled Beets Whole Grain Bread Banana
9 Baked Ham Candied Sweet Potatoes Green Bean Casserole Pineapple Chunks Whole Grain Bread	10 Turkey Cheese Burger/Bun Kidney Bean Salad Creamy Cole Slaw Applesauce	11 BBQ Pork Chop Scalloped Potatoes Corn Diced Peaches Bread Graham Crackers - 1 pkg	12 Rotini Pasta w/ Meat Sauce/Mushrooms & Onions Peas Fruit Cocktail Breadstick	13 Chicken Salad Sandwich on Whole Grain Bread Chilled Stewed Tomatoes Marinated Carrots Apple
16 Meatball Sub Sandwich Marinara Sauce & Shredded Cheese Seasoned Potato Wedges Capri Veggies Mandarin Oranges	17 Tuna Noodle Casserole With Peas Candied Carrots Diced Pears Whole Grain Bread	18 Oven Baked Chicken California Blend Veggies V-8 Juice Mixed Fruit Bread	19 Ham Loaf Candied Sweet Potatoes Green Beans Cherry Crisp Whole Grain Bread	20 Sliced Turkey Sandwich Kidney Bean Salad Creamy Cole Slaw Strawberries Shortcake and Cool Whip
23 Chopped Beef Steak Gravy Mashed Potatoes Spinach Diced Pineapple Whole Grain Bread	4 Chicken & Noodles with Peas/Carrots/Onion Green Beans Diced Pears Bread	25 Baked Chicken Thighs/Mrs. Dash Potato Salad Cucumber Salad Bread Mixed Berries/Cool Whip Over Angel Food Cake	26 Egg Salad Sandwich Pickled Beets Kidney Bean Salad Fruit Cocktail	27 Upside Down Pizza - 4 ½"x2 ½" Side Salad/Dressing Broccoli Diced Peaches Oatmeal Raisin Cookie
30 Chef's Salad w/Diced Ham/Bacon Crumbles/Diced Onion/Tomatoes/Shredded Carrots/Dressing Whole Grain Crackers Mandarin Oranges			A suggested donation is \$3.00 per meal. However, no one requesting a meal will be denied meal service due to inability to pay.  Milk is served with each meal	Senior Nutrition is provided by Community Action Partnership of Central Illinois and partially funded by Area Agency on Aging for Lincolnland. For Reservations call 732-2159 ext. 240