

Community Action Senior Home Delivery Menu - March 2014

Monday		Wednesday		Friday
Mar. 3		Mar. 5		Mar. 7
<i>Hot Meal</i>	<i>Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	
Goulash	Baked Chicken Thigh/Mrs. Dash	Shepherd's Pie	Sliced Baked Ham	Beef Tips/Gravy Over Noodles
Brussels Sprouts	Whole Baby Potatoes/Parsley	Peas/Carrots	Candied Sweet Potatoes	California Blend Veggies
Bread	Broccoli/Cheese Sauce	Whole Grain Roll	Corn	Cinnamon Apple Slices
Grapefruit Wedges	Bread	Pineapple Chunks	Pear Crisp	Whole Grain Roll
	Rosy Applesauce		Bread	
Mar.10		Mar. 12		Mar. 14
<i>Hot Meal</i>	<i>Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	
Chopped Beef Steak/Gravy	Chicken Broccoli Rice & Cheese	Pork Chop	Ham Salad	Turkey A La King/Biscuits
Mashed Potatoes	Casserole	Scalloped Potatoes	Whole Grain Crackers	Capri Veggies
Green Beans	Green Beans	Butter Beans	Side Salad/Dressing	Rosy Applesauce
Diced Peaches	Plums	Fruit Cocktail	Strawberries/Cool Whip	Oatmeal Cookie
Whole Grain Roll	Bread	Bread		
Mar. 17		Mar. 19		Mar. 21
<i>Hot Meal</i>	<i>Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	
Polish Sausage/Bun	Tuna Noodle Casserole	Open Faced Turkey Sandwich	Oven Fried Chicken	Chili/Oyster Crackers
German Potato Salad	Peas	Mashed Potatoes/Gravy	Corn	Side Salad/Dressing
Red Cabbage	Glazed Carrots	Green Beans	Stewed Tomatoes	Mixed Berries/Cool Whip
Diced Pears	Mandarin Oranges	Peach Crisp	Whole Grain Roll	Chocolate Chip Cookies
	Graham Crackers		Mandarin Oranges	
Mar. 24		Mar. 26		Mar. 28
<i>Hot Meal</i>	<i>Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	
Beef Fajitas/Tortillas	BBQ Ribette Sandwich - WG	Chicken & Noodles	Meatloaf	Hot Dog/Bun
Sauteed Green Peppers/Onions	Peas	Peas	Roasted Whole Potatoes	Seasoned Potatoe Wedges
Salsa/Sour Cream	Harvard Beets	Corn	Glazed Carrots	Baked Beans
Shredded Cheese/Refried Beans	Cinnamon Applesauce	Banana	Pineapple Chunks	Apricots
Baked Apple Slices			Whole Grain Roll	
Mar. 31				
<i>Hot Meal</i>	<i>Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	
Tuna Salad Sandwich	Baked Tilapia		Suggested Donation: \$3.00	Senior Nutrition is provided by
Kidney Beans	Brussels Sprouts		However, no one requesting a	Community Action Partnership of
Creamy Potato n Bacon Soup	Stewed Tomatoes		meal will be denied meal service	Central Illinois and partially funded
Diced Peaches	Whole Grain Roll		Milk served with each meal	by Area Agency on Aging Lincolnland
	Apple/Butterscotch Pudding		Reservation -732-2159 ext. 240	