

Community Action Senior Programs-Congregate Meals - March 2014

Monday	Tuesday	Wednesday	Thursday	Friday
3 Goulash Brussels Sprouts Bread Grapefruit Wedges	4 Sliced Baked Ham Candied Sweet Potatoes Corn Pear Crisp Bread	5 Shepherd's Pie Peas Carrots Whole Grain Roll Pineapple Chunks	6 Chicken Broccoli Rice & Cheese Casserole Green Beans Plums Bread	7 Beef Tips/Gravy Over Noodles California Blend Veggies Cinnamon Apple Slices Whole Grain Roll
10 Chopped Beef Steak/Gravy Mashed Potatoes Green Beans Diced Peaches Whole Grain Roll	11 Ham Salad Whole Grain Crackers Side Salad/Dressing Strawberries/Cool Whip	12 Pork Chop Scalloped Potatoes Butter Beans Fruit Cocktail Bread	13 Tuna Noodle Casserole Peas Glazed Carrots Mandarin Oranges Graham Crackers	14 Turkey A La King/Biscuits Capri Veggies Rosy Applesauce Oatmeal Cookie
17 Polish Sausage/Bun German Potato Salad Red Cabbage Diced Pears	18 Oven Fried Chicken Corn Stewed Tomatoes Whole Grain Roll Mandarin Oranges	19 Open Faced Turkey Sandwich/Potatoes/Gravy Green Beans Peach Crisp	20 BBQ Ribette Sandwich WG Peas Harvard Beets Cinnamon Applesauce	21 Chili/Oyster Crackers Side Salad/Dressing Mixed Berries/Cool Whip Chocolate Chip Cookie
24 Beef Fajita/Tortillas Sautéed Green Peppers & Onions/Salsa/Sour Cream Shredded Cheese Refried Beans Baked Apple Slices	25 Meatloaf Roasted Whole Potatoes Glazed Carrots Pineapple Chunks Whole Grain Roll	26 Chicken & Noodles Peas Corn Bread Banana	27 Baked Tilapia Brussels Sprouts Stewed Tomatoes Whole Grain Roll Apple Butterscotch Pudding	28 Hot Dog/Bun Seasoned Potato Wedges Baked Beans Apricots
31 Tuna Salad Sandwich Kidney Bean Salad Creamy Potato n Bacon Soup Diced Peaches			A suggested donation is \$3.00. However, no one requesting a meal will be denied meal service. 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 Lincolnland.

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