

Community Action Senior Programs-Congregate Meals - May 2014

Monday	Tuesday	Wednesday	Thursday	Friday
A suggested donation is \$3.00. However, no one requesting a meal will be denied meal service. Milk is served with each meal	Meals are provided by Community Action Partnership of Central of Central Illinois and partially funded by Area Agency on Aging for Lincolnland.		1 Pork Chop Seasoned Potato Wedge Lima Beans Mixed Berries w/Cool Whip Whole Grain Bread	2 Chicken Caesar Pasta Salad w/Cherry Tomatoes Pickled Beets Whole Grain Crackers - 4 ea. Banana
5 Hot Dog/Bun Kidney Bean Salad Creamy Cole Slaw Apricots	6 BBQ Chicken Thighs Butter/Parsley Baby Potatoes Spinach Apple Crisp Whole Grain Bread	7 Turkey Sandwich w/ tomato & lettuce Creamy Broccoli Soup Diced Pears	8 Meatloaf/Gravy Mashed Potatoes Peas Diced Peaches Whole Grain Bread Oatmeal Cookie	9 Chicken Pasta Bake Brussels Sprouts Corn Bread Strawberries w/ Cool Whip
12 Polish Sausage/Bun Sauerkraut German Potato Salad Diced Peaches	13 Chopped Beef Steak Gravy Corn Broccoli Diced Pineapple Bread	14 Oven Baked Chicken Mashed Potatoes/Gravy Cooked Carrots Whole Grain Bread Banana	15 Swedish Meatballs Noodles California Blend Veggies Butter Beans Diced Pears	16 Egg Salad Sandwich on Whole Grain Bread 3 Bean Medley - 4oz Marinated Carrots - 4 oz Applesauce - 4 oz
19 Baked Ham Slice Sweet Potatoes Peas Peach Crisp Whole Grain Bread	20 Turkey Burger/Bun Tomato & Onion Slices Cucumber Salad Diced Pears	21 Chef's Salad - 8 oz w/Diced Chicken, Bacon Crumbles, Tomatoes, Onion, Shredded Carrots, Shredded Cheddar Cheese Whole Grain Crackers - 4 ea. Cinnamon Apple Slices	22 Baked Tilapia Stewed Tomatoes Lima Beans Fruit Cocktail Whole Grain Bread	23 Tuna Salad Sandwich Sliced Green Peppers Creamy Potato & Bacon Soup Rosy Applesauce
26 CAPCIL Closed Memorial Day 	27 Ravioli with Meat Sauce Lima Beans Side Salad/Dressing Breadstick Peach Cobbler	28 Smothered Pork Chops Mashed Potatoes Green Beans Fruit Cocktail Whole Grain Bread	29 Chicken & Dumplings Peas Carrots Bread Oatmeal Cookie Apple	30 Upside Down Pizza- 4 1/2" x 2 1/2" Slice Side Salad Dressing Mixed Berries/Cool Whip Graham Crackers

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