


## Community Action Senior Home Delivery Menu - May 2014

Monday		Wednesday		Friday
<b>May 5, 2014</b>		<b>May 7, 2014</b>		<b>May 2, 2014</b>
<i>Hot Meal</i>	<i>Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	
<p>Suggested Donation: \$3.00                      However, no one requesting a meal will be denied meal service                      Milk served with each meal</p>		<p>Senior Nutrition is provided by                      Community Action Partnership of                      Central Illinois and partially funded                      by Area Agency on Aging for                      Lincolnland</p>		<p>Chicken Caesar Pasta Salad                      w/Cherry Tomatoes                      Pickled Beets                      Whole Grain Crackers                      Banana</p>
<b>May 12, 2014</b>		<b>May 14, 2014</b>		<b>May 9, 2014</b>
<i>Hot Meal</i>	<i>Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	
<p>Hot Dog/Bun                      Kidney Bean Salad                      Creamy Cole Slaw                      Apricots</p>		<p>Pork Chop                      Seasoned Potatoe Wedges                      Lima Beans                      Mixed Berries /Cool Whip                      Whole Grain Bread</p>		<p>Turkey Sandwich                      w/ Tomato &amp; Lettuce                      Creamy Broccoli Soup                      Diced Pears</p>
		<p>BBQ Chicken Thigh                      Butter/Parseley Baby Potatoes                      Spinach                      Apple Crisp                      Whole Grain Bread</p>		<p>Chicken Pasta Bake                      Brussels Sprouts                      Corn                      Bread                      Strawberries/Cool Whip</p>
<b>May 19, 2014</b>		<b>May 21, 2014</b>		<b>May 16, 2014</b>
<i>Hot Meal</i>	<i>Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	
<p>Polish Sausage/Bun                      Sauerkraut                      German Potato Salad                      Diced Peaches</p>		<p>Meatloaf/Mashed Potatoes/Gravy                      Peas                      Diced Peaches                      Oatmeal Cookie                      Whole Grain Bread</p>		<p>Oven Baked Chicken                      Mashed Potatoes/Gravy                      Cooked Carrots                      Whole Grain Bread                      Banana</p>
		<p>Chopped Beef Steak/Gravy                      Corn                      Broccoli                      Diced Pineapple                      Bread</p>		<p>Egg Salad on Whole Grain Bread                      3 Bean Medley                      Marrinated Carrots                      Applesauce</p>
<b>May 26, 2014</b>		<b>May 28, 2014</b>		<b>May 23, 2014</b>
<i>Hot Meal</i>	<i>Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	
<p><b>CAPCIL Closed For                      Memorial Day</b></p>		<p>Chef's Salad                      w/Diced Chicken, Bacon Crumbles                      Tomato, Onion, Shredded Carrots                      Shredded Cheese/WG Crackers                      Cinnamon Apple Slices</p>		<p>Turkey Burger/Bun                      Tomato &amp; Onion Slices                      Cucumber Salad                      Diced Pears</p>
		<p>Smothered Pork Chops                      Mashed Potatoes                      Green Beans                      Diced Peaches                      Whole Grain Bread</p>		<p>Tuna Salad Sandwich                      Creamy Potato &amp; Bacon Soup                      Sliced Green Peppers                      Rosy Applesauce</p>
<b>May 30, 2014</b>				<b>May 30, 2014</b>
				<p>Upside Down Pizza                      Side Salad/Dressing                      Mixed Berries/Cool Whip                      Graham Crackers</p>

**For Reservations, Call 217-732-2159 ext. 240**

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