

Community Action Senior Programs-Congregate Meals - November 2014

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|--|--|
| 3 Hamburger Veggie Soup Cottage Cheese Creamy Cole Slaw Diced Pineapple Bread | 4 Meatloaf Mashed Potatoes/Gravy Green Beans Apple Crisp WG Bread | 5 Baked Tilapia/Lemon Pepper Baked Potato/Butter/Sour Cream/ Butter Beans Diced Peaches WG Bread | 6 Beef Tips/Gravy Over WG Noodles Corn Peas Diced Pears/Bread | 7 BLT Sandwich Tomato Soup Creamy Cole Slaw Orange Fluff |
| 10 Chef's Choice | 11 CAPCIL Closed for Veteran's Day  | 12 Ravioli/Meat Sauce Italian Veggies Peas Fruit Cocktail Breadstick | 13 Bacon Cheeseburger Pasta Basil Cherry Tomato Salad Corn Baked Apple Slices WG Bread | 14 Baked Beans & Wieners Seasoned Potato Wedges Mixed Fruit WG Bread |
| 17 Sausage Gravy Over Biscuits Scrambled Eggs Hash Browns V8 Juice Orange | 18 Chili Mac Cottage Cheese Corn WG Crackers Diced Pears | 19 Oven Fried Chicken Mashed Potatoes/Gravy Butter Beans Mixed Berries/Angel Food Cake/Cool Whip/Bread | 20 Baked Ham Candied Sweet Potatoes Peas Diced Peaches WG Bread | 21 Oven Roasted Turkey/Dressing Mashed Potatoes/Gravy Green Bean Casserole Rosy Applesauce Pumpkin Pie/Cool Whip Dinner Roll |
| 24 Autumn Pumpkin Soup Chicken Salad Sandwich/WG Carrot/Celery Sticks Apple | 25 Chicken & Dumplings Carrots Brussels Sprouts Diced Pears Bread | 26 Chef's Salad/Dressing/WG Crackers/Ham/Carrots/Shredded Cheese/Diced Onion/Hard Boiled Egg Banana | 27 CAPCIL Closed  | 28 CAPCIL Closed |
| | | | 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 for Lincolnland. |

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