


Community Action Senior Home Delivery Menu - November 2014

Monday		Wednesday		Friday
Nov. 3		Nov. 5		Nov. 7
<i>Hot Meal</i>	<i>Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	
Hamburger Veggie Soup Cottage Cheese Creamy Cole Slaw Diced Pineapple Bread	Sausage Gravy Over Biscuits Scrambled Eggs Hash Browns V8 Juice Orange	Baked Tilapia/Lemmon Pepper Baked Potato/Butter/Sour Cream Butter Beans Diced Peaches WG Bread	Meatloaf Mashed Potatoes/Gravy Green Beans Apple Crips WG Bread	BLT Sandwiches Tomato Soup Creamy Cole Slaw Orange Fluff
Nov. 10		Nov. 12		Nov. 14
<i>Hot Meal</i>	<i>Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	
Chef's Choice	Beef Tips/Gravy Over WG Noodles Corn Peas Diced Pears Bread	Ravioli/Meat Sauce Italian Veggies Peas Fruit Cocktail Breadstick	No Meal Due To Veteran's Day Holiday	Baked Beans & Wieners Seasoned Potato Wedges Mixed Fruit WG Bread
Nov. 17		Nov. 19		Nov. 21
<i>Hot Meal</i>	<i>Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	
Sausage Gravy Over Biscuits Scrambled Eggs Hash Browns V8 Juice Orange	Bacon Cheeseburger Pasta Basil Cherry Tomato Salad Corn Baked Apple Slices WG Bread	Oven Fried Chicken Mashed Potatoes/Gravy Butter Beans Mixed Berries/Angel Food Cake Cool Whip/Bread	Chili Mac Cottage Cheese Corn WG Crackers Diced Pears	Oven Roasted Turkey/Dressing Mashed Potatoes/Gravy Green Bean Casserole Rosy Applesauce Pumpkin Pie/Cool Whip/Roll
Nov. 24		Nov. 26		Nov. 28
<i>Hot Meal</i>	<i>Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	
Autumn Pumpkin Soup Chicken Salad Sandwich/WG Carrot/Celery Sticks Apple	Baked Ham Candied Sweet Potatoes Peas Diced Peaches WG Bread	Chef's Salad/Dressing/WG Crackers Ham/Carrots/Shredded Cheese/ Diced Onion/Hard Boiled Egg Banana	Chicken & Dumplings Carrots Brussels Sprouts Diced Pears Bread	
<i>Hot Meal</i>	<i>Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	
		Suggested Donation: \$3.00 However, no one requesting a meal will be denied meal service Milk served with each meal Reservation -732-2159 ext. 240		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

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