

**Community Action Senior Home Delivery Menu - October 2014**

Monday		Wednesday		Friday
		<b>October 1, 2014</b>		<b>October 3, 2014</b>
<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 due to inability to pay. Reservations: 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.	Chicken Fajita's/Sauteed Green Peppers/Onions/Sour Cream Salsa/Shredded Cheese Refried Beans Mixed Berries/Cool Whip	Bacon Cheeseburger Pasta Basil Cherry Tomato Salad Cherry Crisp Bread	Egg Salad Sandwich WG Tomato Soup Chips Carrot Sticks Fruit Cocktail
<b>October 6, 2014</b>		<b>October 8, 2014</b>		<b>October 10, 2014</b>
<i>Hot Meal</i>	<i>Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	
Ham Loaf Sweet Potatoes Lima Beans Diced Peaches WG Bread	Turkey & Dressing Gravy Cauliflower Sweet Potatoes Mandarin Oranges	BLT/WG Bread Cottage Cheese Creamy Cole Slaw Diced Peaches	Turkey Burger/Cheese/Bun Seasoned Potato Wedges Spinach Banana	Rotini Pasta Bake/Meat Sauce Capri Veggies Corn Diced Pineapple Breadstick
<b>October 13, 2014</b>		<b>October 15, 2014</b>		<b>October 17, 2014</b>
<i>Hot Meal</i>	<i>Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	
Chef's Choice will include 1 meat 2 veggies, 1 fruit 2 grains	Chicken Bacon Ranch Pasta Bake Ranch Carrots Green Beans Apple Crumb Pie/Cool Whip	Chicken Salad/WG Crackers Carrot Sticks/Sliced Cucumber Autumn Pumpkin Soup Fruit Cocktail	Chicken Cordon Bleu Pasta Broccoli Stewed Tomatoes Mixed Berries/Cool Whio WG Bread	Chili Mac Cottage Cheese Green Beans Apricots
<b>October 20, 2014</b>		<b>October 22, 2014</b>		<b>October 24, 2014</b>
<i>Hot Meal</i>	<i>Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	
Ravioli/Meat Sauce Italian Blend Veggies Cinnamon Apple Sauce Diced Pears Breadstick	Potato Topped Hamburger Delight Peas Diced Pears WG Bread Oatmeal Raisin Cookie	Smothered Pork Chop/Onions Sweet Potatoes Lima Beans Orange Fluff WG Bread	Chicken/Rice Vegetable Stir Fry Brown Sauce Broccoli Diced Pineapple Graham Crackers	Oven Fried Chicken Scalloped Potatoes Peas Fruit Cocktail Bread/Rice Pudding
<b>October 27, 2014</b>		<b>October 29, 2014</b>		<b>October 31, 2014</b>
<i>Hot Meal</i>	<i>Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	
Baked Tilapia/Mrs. Dash Baked Potato/Butter/Sour Cream/Stewed Tomatoes Diced Peaches WB Bread/Cookie	Meatloaf Mashed Potatoes/Gravy Corn Diced Peaches WG Bread	Sausage Gravy Over Biscuits Scrambled Eggs Hash Browns V-8 Juice Orange	Baked Ham Candied Sweet Potatoes Peas Diced Pineapple Bread	Chef's Salad/Dressing WG Crackers/Diced Chicken Bacon Crumbles/Eggs Shredded Cheese/Diced Onion Shredded Carrots Diced Pears

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