

Community Action Senior Programs-Congregate Meals - October 2014

Monday	Tuesday	Wednesday	Thursday	Friday
<p>A suggested donation is \$3.00. However, no one requesting a meal will be denied meal service. Milk is 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 align="right">1</p> <p>Chicken Fajita's/Sauteed Green Peppers & Onion/Sour Cream/Salsa/Shredded Cheese Refried Beans Mixed Berries/Cool Whip</p>	<p align="right">2</p> <p>Turkey & Dressing Gravy Cauliflower Sweet Potatoes Mandarin Oranges</p>	<p align="right">3</p> <p>Egg Salad Sandwich WG Tomato Soup Chips Fruit Cocktail Carrot Sticks</p>
<p align="right">6</p> <p>Ham Loaf Sweet Potatoes Lima Beans Diced Peaches WG Bread</p>	<p align="right">7</p> <p>Turkey Burger/Cheese/Bun Seasoned Potato Wedges Spinach Banana</p>	<p align="right">8</p> <p>BLT/WG Bread Cottage Cheese Creamy Cole Slaw Diced Peaches</p>	<p align="right">9</p> <p>Chicken Bacon Ranch Pasta Bake Ranch Carrots Green Beans Apple Crumb Pie/Cool Whip</p>	<p align="right">10</p> <p>Rotini Pasta Bake/Meat Sauce Capri Veggies Corn Diced Pineapple Breadstick</p>
<p align="right">13</p> <p>Chef's Choice Will include 1 meat, 2 veggies, 1 fruit, 2 grains</p>	<p align="right">14</p> <p>Chicken Cordon Bleu Pasta Broccoli Stewed Tomatoes Mixed Berries/Cool Whip WG Bread</p>	<p align="right">15</p> <p>Chicken Salad/WG Crackers Carrot Sticks/Sliced Cucumbers Autumn Pumpkin Soup Fruit Cocktail</p>	<p align="right">16</p> <p>Potato Topped Hamburger Delight Peas Diced Pears WG Bread/Oatmeal Raisin Cookie</p>	<p align="right">17</p> <p>Chili Mac Cottage Cheese Green Beans Apricots</p>
<p align="right">20</p> <p>Ravioli/Meat Sauce Italian Blend Veggies Cinnamon Applesauce Diced Pears Breadstick</p>	<p align="right">21</p> <p>Chicken/Rice Vegetable Stir Fry/Brown Sauce Broccoli Diced Pineapple Graham Crackers</p>	<p align="right">22</p> <p>Smothered Pork Chops/Onion Sweet Potatoes Lima Beans Orange Fluff WG Bread</p>	<p align="right">23</p> <p>Meatloaf Mashed Potatoes/Gravy Corn Diced Peaches WG Bread</p>	<p align="right">24</p> <p>Oven Fried Chicken Scalloped Potatoes Peas Fruit Cocktail Bread Rice Pudding</p>
<p align="right">27</p> <p>Baked Tilapia/Mrs. Dash Baked Potato/Butter/Sour Cream Stewed Tomatoes Diced Peaches WG Bread/Cookie</p>	<p align="right">28</p> <p>Baked Ham Candied Sweet Potatoes Peas Diced Pineapple Bread</p>	<p align="right">29</p> <p>Sausage Gravy Over Biscuits Scrambled Eggs Hash Browns V8 Juice Orange</p>	<p align="right">30</p> <p>Beans & Wieners Seasoned Potato Wedges Broccoli Mixed Fruit Graham Crackers</p>	<p align="right">31</p> <p>Chef's Salad/Dressing/WG Crackers/Diced Chicken/Bacon Crumbles/Eggs/Shredded Cheese/Diced Onion/Shredded Carrots Diced Pears</p>

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