

## Community Action Senior Home Delivery Menu - September 2014

Monday

Wednesday

Friday

**September 1, 2014**

**September 3, 2014**

**September 5, 2014**

*Hot Meal*

*Cold Meal*

*Hot Meal*

*Cold Meal*

Lentil Soup w/Diced Ham  
Cottage Cheese  
Side Salad/Dressing  
Diced Pears

Parmesan Chicken  
Cooked Carrots  
Peas  
Orange Fluff  
Bread

Baked Tilapia  
Stewed Tomatoes  
Green Beans  
Peach Crisp  
Bread

Chicken Strips  
Seasoned Potato Wedges  
Peas  
Diced Pineapple  
WG Bread

Tuna Salad Sandwich  
3 Bean Salad  
Pickled Beets  
Banana

**September 8, 2014**

**September 10, 2014**

**September 12, 2014**

*Hot Meal*

*Cold Meal*

*Hot Meal*

*Cold Meal*

Chef's Choice  
Will include a meat  
2 servings of Veggies  
1 serving of fruit  
2 grains

Beef Tips/Gravy  
Over Mashed Potatoes  
Corn  
Mixed Fruit  
WG Bread

Macaroni & Cheese Bake  
w/ Diced Ham  
Peas  
Cauliflower  
Diced Pears  
Bread

Parmesan Chicken  
Parsley/Butter Baby Potatoes  
Cooked Carrots  
Rosy Applesauce  
Bread

BLT/WG Bread  
Cottage Cheese  
Creamy Cole Slaw  
Diced Peaches

**September 15, 2014**

**September 17, 2014**

**September 19, 2014**

*Hot Meal*

*Cold Meal*

*Hot Meal*

*Cold Meal*

Rotinin Pasta/Meat Sauce  
Capri Veggies  
Peas  
Baked Apple Slices  
Breadstick

Beef Fajita's  
Sauteed Green Peppers & Onions  
Sour Cream/Shredded Cheese/Salsa  
Pinto Beans  
Mixed Fruit

Chopped Beef Steak/Gravy  
Mashed Potatoes  
Corn  
Diced Pears  
WG Bread

BBQ Chicken Thighs  
Seasoned Potato Wedges  
Butter Beans  
Mixed Berries/Cool Whip  
WG Bread

Chicken Salad/WG Crackers  
Baby Carrots/Celery Sticks  
Sliced Cucumbers  
Autumn Pumpkin Soup  
Fruit Cocktail

**September 22, 2014**

**September 24, 2014**

**September 26, 2014**

*Hot Meal*

*Cold Meal*

*Hot Meal*

*Cold Meal*

Ravioli/Meat Sauce  
Italian Veggies  
Applesauce  
Diced Pears  
Breadstick

Sliced Roast Turkey/Gravy  
Stuffing  
Cauliflower  
Sweet Potatoes  
Mandarin Oranges

Smothered Pork Chops/Onion  
Scalloped Potatoes  
Broccoli  
Mandarin Oranges  
WG Bread

Chicken Vegetable Stir Fry  
with Brown Sauce  
Broccoli  
Diced Pineapple  
Graham Crackers

Oven Fried Chicken  
Butter/Parsely Baby Potatoes  
Peas  
Mandarin Oranges  
Bread

**September 29, 2014**

*Hot Meal*

*Cold Meal*

Chicken & Noodles  
Peas & Carrots  
Butter Beans  
Apricots  
WG Bread

Meatloaf  
Mashed Potatoes/Gravy  
Corn  
Diced Peaches  
WG Bread

**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**

