

Community Action Senior Programs-Congregate Meals - September 2014

Monday	Tuesday	Wednesday	Thursday	Friday
<p align="right">1</p> <p>CAPCIL Closed/Labor Day</p> 	<p align="right">2</p> <p>Chicken Strips Seasoned Potato Wedges Peas Diced Pineapple WG Bread</p>	<p align="right">3</p> <p>Salmon Boats Over Rice Pilaf Stewed Tomatoes Green Beans Peach Crisp</p>	<p align="right">4</p> <p>Beef Tips/Gravy Over Mashed Potatoes Corn Mixed Fruit WG Bread</p>	<p align="right">5</p> <p>Tuna Salad Sandwich 3 Bean Salad Pickled Beets Banana</p>
<p align="right">8</p> <p>Chef's Choice Will include 1 meat, 2 veggies, 1 fruit and 2 grain</p>	<p align="right">9</p> <p>Mac & Cheese Bake/Diced Ham Peas Cauliflower Diced Pears Bread</p>	<p align="right">10</p> <p>Chicken Bacon Ranch Pasta WG Ranch Carrots Green Beans Apple Crumb Pie/Cool Whip</p>	<p align="right">11</p> <p>BLT/WG Bread Cottage Cheese Creamy Cole Slaw Diced Peaches</p>	<p align="right">12</p> <p>Rotini Pasta/Meat Sauce Capri Veggies Corn Diced Pineapple Breadstick</p>
<p align="right">15</p> <p>Chicken Salad/WG Crackers Baby Carrots/Celery Sticks/Sliced Cucumbers Autumn Pumpkin Soup Fruit Cocktail</p>	<p align="right">16</p> <p>Potato Topped Hamburger Delight Peas Diced Pears WG Bread</p>	<p align="right">17</p> <p>Sliced Roast Turkey/Gravy Stuffing Cauliflower Sweet Potatoes Mandarin Oranges</p>	<p align="right">18</p> <p>Chicken Cordon Bleu Pasta Broccoli Stewed Tomatoes Mixed Berries/Cool Whip WG Bread</p>	<p align="right">19</p> <p>Chili Mac Cottage Cheese Green Beans Apricots</p>
<p align="right">22</p> <p>Chef's Salad Diced Chicken/Bacon Crumbles/Eggs/Shredded Carrots/Shredded Cheese/Diced Onion/Dressing/WG Crackers/Diced Pears</p>	<p align="right">23</p> <p>Baked Tilapia/Mrs. Dash Baked Potato/Butter/Sour Cream Stewed Tomatoes Diced Peaches WG Bread</p>	<p align="right">24</p> <p>Sausage Gravy Over Biscuits Scrambled Eggs Hash Browns V-8 Juice Orange</p>	<p align="right">25</p> <p>Baked Ham Candied Sweet Potatoes Peas Diced Pineapple Bread</p>	<p align="right">26</p> <p>Beans & Wieners Seasoned Potato Wedges Mixed Fruit Bread</p>
<p align="right">29</p> <p>Polish Sausage/Bun Red Cabbage German Potato Salad Applesauce</p>	<p align="right">30</p> <p>Bacon Cheeseburger Pasta Basil Cherry Tomato Salad Corn Cherry Crisp Bread</p>		<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>

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