

Community Action Senior Home Delivery Menu - January 2015

Monday		Wednesday		Friday
<i>Hot Meal</i> <i>Cold Meal</i>		<i>Hot Meal</i> <i>Cold Meal</i>		Jan. 2
Suggested donation: \$3 However, no one requesting a meal will be denied due to inability to pay. Milk served with each meal.		Senior Nutrition is provided by CAPCIL and partially funded by the Area Agency on Aging For Lincolnland.		Chicken Vegetable Stir Fry/Rice/ Brown Sauce Broccoli Diced Pineapple Graham Crackers
Jan. 5		Jan. 7		Jan. 9
<i>Hot Meal</i> <i>Cold Meal</i>		<i>Hot Meal</i> <i>Cold Meal</i>		
Turkey Cheeseburger/Bun Butter Beans Stewed Tomatoes Mixed Fruit	Sack Lunch PB & J Sandwich Chips V-8 Juice Orange Juice Apple	Herb Roasted Chicken Cooked Cabbage Peas Banana WG Bread	Baked Ham Sweet Potatoes Green Beans Diced Pineapple WG Bread	Beef Stew Biscuits Broccoli Rosy Applesauce
Jan. 12		Jan. 14		Jan. 16
<i>Hot Meal</i> <i>Cold Meal</i>		<i>Hot Meal</i> <i>Cold Meal</i>		
Vegetable Soup Cheeseburger/Bun Chips Plums	Bacon Cheeseburger Pasta Bake Basil Cherry Tomato Salad Corn Cherry Crisp	Swedish Meatballs Over Noodles Brussels Sprouts Candied Carrots Mixed Fruit Bread	Baked Tilapia/Mrs. Dash Baked Potato/Butter/Sour Cream Breaded Tomatoes Diced Peaches WG Bread	1 BBQ Chicken Thighs/Cheesy Broccoli Lima Beans/Apple Crisp/WG Bread 2 Polish Sausage/Bun/Sauerkraut German Potato Salad Cinnamon Applesauce
Jan. 19		Jan. 21		Jan. 23
<i>Hot Meal</i> <i>Cold Meal</i>		<i>Hot Meal</i> <i>Cold Meal</i>		
CAPCIL Closed Martin Luther King Day		Breakfast Casserole/Diced Ham/ Eggs/Cheese/Diced Onion Spinach V-8 Juice Grapefruit Sections/Muffin		Macaroni & Cheese Bake/Tuna/Pea Cauliflower Diced Pears Bread
Jan. 26		Jan. 28		Jan. 30
<i>Hot Meal</i> <i>Cold Meal</i>		<i>Hot Meal</i> <i>Cold Meal</i>		
Cheesy Chicken Broccoli & Rice Casserole Green Beans Plums WG Bread	Mexican Chicken & Rice Casserole Pinto Beans Baked Apple Slices WG Bread	Baked Tilapia/Lemon Pepper/Butter Stewed Tomatoes Peas Peach Crisp Bread	Chili/Oyster Crackers Side Salad/Dressing Mixed Berries/Cool Whip Cookie	Ham & Beans Diced Onion Cornbread Dressing Diced Pears

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