

Community Action Senior Programs-Congregate Meals - January 2015

Monday	Tuesday	Wednesday	Thursday	Friday
A suggested donation is \$3.00. However, no one requesting a meal will be denied meal service. Milk is served with each meal.	Senior Nutrition is provided by Community Action Partnership of Central Illinois and partially funded by Area Agency on Aging for Lincolnland.		CAPCIL CLOSED NEW YEAR'S DAY!	Chicken Vegetable Stir Fry/Rice/Brown Sauce Broccoli Diced Pineapple Graham Crackers
Turkey Cheeseburger/Bun Butter Beans Stewed Tomatoes Mixed Fruit	Baked Ham Sweet Potatoes Green Beans Diced Pineapple WG Bread	Herb Roasted Chicken Cooked Cabbage Peas Banana WG Bread	Bacon Cheeseburger Pasta Bake Basil Cherry Tomato Salad Corn Cherry Crisp	Beef Stew Biscuits Broccoli Rosy Applesauce
Vegetable Soup Cheeseburger/Bun Chips Plums	Baked Tilapia/Mrs. Dash Baked Potato/Butter/Sour Cream Breaded Tomatoes Diced Peaches WG Bread	Swedish Meatballs Over Noodles Brussels Sprouts Candied Carrots Mixed Fruit Bread	Polish Sausage/Bun Sauerkraut German Potato Salad Cinnamon Applesauce	BBQ Chicken Thighs Cheesy Broccoli Lima Beans Apple Crisp WG Bread
CAPCIL CLOSED MARTIN LUTHER KING DAY	Macaroni & Cheese Bake w/ Tuna & Peas Cauliflower Diced Pears Bread	Breakfast Casserole w/Diced Ham/Eggs/Cheese/Diced Onion Spinach V-8 Juice Grapefruit Sections Muffin	Mexican Chicken & Rice Casserole Pinto Beans Baked Apple Slices WG Bread	Roasted Turkey Mashed Potatoes/Gravy Cornbread Dressing Cranberry Sauce Pumpkin Pie/Cool Whip
Cheesy Chicken Broccoli & Rice Casserole Green Beans Plums WG Bread	Chili/Oyster Crackers Side Salad/Dressing Mixed Berries/Cool Whip Cookie	Baked Tilapia/Lemon Pepper/Butter Stewed Tomatoes Peas Peach Crisp Bread	Beef Tips/Gravy Over Noodles Corn Butter Beans Mixed Fruit WG Bread	Ham & Beans Diced Onion Cornbread Diced Pears

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