

**Community Action Senior Programs-Congregate Meals - June 2015**

Monday	Tuesday	Wednesday	Thursday	Friday
1 Hot Dog/Bun Baked Beans Corn Diced Pears	2 Egg Salad Sandwich WG Chips Tomato Basil Soup Celery Sticks Cinnamon Applesauce	3 Turkey Cheeseburger/Bun Roasted Parmesan Potatoes Chilled Stewed Tomatoes Apple Crisp/Cool Whip	4 Beef Fajita's/Sauteed Green Peppers/Onions/Shredded Cheese/Salsa/Sour Cream Pinto Beans Diced Peaches	5 Chicken Vegetable & Rice Stir Fry/Brown Sauce Broccoli Mandarin Oranges Graham Crackers
8 Cheeseburger/Bun Tater Tots Peas Strawberries/Cool Whip/Angel Food Cake	9 Sliced Ham (cold) Cool Cucumber Pasta Salad Carrot Sticks Diced Pineapple WG Crackers	10 Turkey & Cheese Sandwich Potato Salad 3 Bean Salad Mixed Berries/Cool Whip	11 Chicken Salad Sandwich Tomato Soup Broccoli Salad Diced Peaches	12 Chef's Salad Diced Chicken/Bacon Crumbles/Eggs/Shredded Cheese/Diced Onion/Sliced Cucumber WG Crackers Cherry Crisp
15 Veggie Pasta Salad Cottage Cheese Sliced Green Peppers Apple Salad	16 Creamy Chicken Broccoli Casserole Cauliflower Diced Pears WG Bread	17 Seasoned Pork Chops Baby Potatoes/Green Beans/Bacon Crumbles/Diced Onion Butter Beans Cinnamon Applesauce	18 PB&J Sandwich Carrot Sticks Chips V-8 Juice Orange	19 Cold Plate Cottage Cheese Sliced Cucumbers/Tomatoes Pea Salad Grapes WG Crackers
22 Baked Tilapia Sandwich WG 3 Bean Salad Chilled Breaded Tomatoes Mixed Fruit	23 BBQ Pork Chops Cowboy Beans Applesauce Cherry Crisp Bread	24 Popcorn Shrimp/Cocktail Sauce Mustard Potato Salad Cole Slaw Bread Grapes	25 Chilled Chicken Bacon Ranch Pasta Carrots/Celery Sticks Chilled Stewed Tomatoes Diced Pears WG Bread	26 Ham Sandwich Lettuce/Sliced Tomato Chips Creamy Cucumber Salad Banana
29 Polish Sausage/Bun Red Cabbage German Potato Salad Rosy Applesauce	30 Chicken Caesar Pasta Salad Pea Salad WG Crackers Orange		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.

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