

Community Action Senior Home Delivery Menu - June 2015

Monday		Wednesday		Friday
June 1, 2015		June 3, 2015		June 5, 2015
<i>Hot Meal</i>	<i>Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	
Hot Dog/Bun Baked Beans Corn Diced Pears	Veggie Bacon Pasta Salad Cottage Cheese Yogurt/Fruit Parfait WG Crackers	Turkey Cheeseburger/Bun Roasted Parmesan Potatoes Chilled Stewed Tomatoes Apple Crisp/Cool Whip	Egg Salad Sandwich WG TaterTots Peas Strawberries/Cool Whip/ Angel Food Cake	Chicken Vegetable & Rice Stir Fry Broccoli Mandarin Oranges Graham Crackers
June 8, 2015		June 10, 2015		June 12, 2015
<i>Tater Totts</i>	<i>Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	
Cheeseburger/Bun Tater Tots Peas Strawberries/Cool Whip/ Angel Food Cake	Beef Fajita's/Sauteed Onions/ Green Peppers/Shredded Cheese/ Salsa/Sour Cream Pinto Beans Diced Peaches	Turkey & Cheese Sandwich Potato Salad 3 Bean Salad Mixed Berries/Cool Whip	Sliced Ham (cold) Cool Cucumber Pasta Salad Carrot Sticks Diced Pineapple WG Crackers	Chef's Salad/Diced Chicken/Bacon Crumbles/Eggs/Shredded Cheese/ Diced Onion/Sliced Cucumber WG Crackers Cherry Crisp
June 15, 2015		June 17, 2015		June 19, 2015
<i>Hot Meal</i>	<i>Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	
Veggie Pasta Salad Cottage Cheese Sliced Green Peppers Apple Salad	Chicken Salad Sandwich Tomato Soup Broccoli Salad Diced Peaches	Seasoned Pork Chops Baby Potatoes/Green Beans/ Bacon Crumbles/Diced Onion Butter Beans Cinnamon Applesauce	Creamy Chicken Broccoli Casserole Cauliflower Diced Pears WG Bread	Cold Plate Cottage Cheese Sliced Cucumbers/Tomatoes Pea Salad Grapes/WG Cracker
June 22, 2015		June 24, 2015		June 26, 2015
<i>Hot Meal</i>	<i>Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	
Baked Tilapia Sandwich WG 3 Bean Salad Chilled Breaded Tomatoes Mixed Fruit	PB & J Sandwich Carrot Sticks Chips V-8 Juice Orange	Popcorn Shrimp/Cocktail Sauce Mustard Potato Salad Cole Slaw Bread Grapes	BBQ Pork Chops Cowboy Beans Applesauce Cherry Crisp Bread	Ham Sandwich Lettuce/Sliced Tomato Chips Creamy Cucumber Salad Banana
June 29, 2015				
<i>Hot Meal</i>	<i>Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	
Polish Sausage/Bun Red Cabbage German Potato Salad Rosy Applesauce	Chilled Chicken Bacon Ranch Pasta Carrots/Celery Sticks Chilled Stewed Tomatoes Diced Pears/WG Bread		A suggested donation is \$3. However, no one requesting a meal will be denied due to inability to pay. Milk is served with each meal.	Senior Nutrition is provided by CAPCIL and partially funded by Area Agency on Aging for Lincolnland. Menu is subject to change

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