

Community Action Senior Programs-Congregate Meals - February 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.			
2	3	4	5	6
Spaghetti & Meatballs Italian Blend Veggies Cinnamon Applesauce Diced Pears Breadstick	Chopped Beefsteak/Sauteed Onions/Gravy Mashed Potatoes Corn Apple WG Bread	Smothered Pork Chops/Onions Sweet Potatoes Lima Beans Orange Fluff WG Bread	Chicken Broccoli Alfredo Over Noodles Cauliflower Diced Peaches Bread	Oven Fried Chicken Scalloped Potatoes Peas Banana Bread
9	10	11	12	13
Lentil/Vegetable Soup Cheeseburger/Bun Chips Plums	Baked Tilapia/Mrs. Dash Baked Potato/Sour Cream/Butter Breaded Tomatoes Diced Peaches WG Bread	Swedish Meatballs Over Noodles Brussels Sprouts Candied Carrots Mixed Fruit/Bread	CAPCIL Closed 	BBQ Chicken Thighs Cheesy Broccoli Lima Beans Apple Crisp Bread
16	17	18	19	20
CAPCIL Closed 	Tuna Noodle Casserole/Peas & Carrots Spinach Cherry Crisp	Turkey & Dressing Mashed Potatoes/Gravy Green Bean Casserole Apple Crumb Pie/Cool Whip WG Dinner Roll	Ham Loaf Candied Sweet Potatoes Lima Beans Diced Peaches WG Bread	Sausage Gravy Over Biscuits Scrambled Eggs Hash Browns V-8 Juice Orange
23	24	25	26	27
Baked Ham Sweet Potatoes Green Beans Diced Pineapple WG Bread	Turkey Cheeseburger/Bun Butter Beans Stewed Tomatoes Mixed Fruit	Herb Roasted Chicken Cooked Cabbage Peas Banana Pudding Vanilla Wafers	Bacon Cheeseburger Pasta Basil Cherry Tomato Salad Corn Peach Crisp	Beef Stew Biscuits Broccoli Rosy Applesauce

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