

**Community Action Senior Programs-Congregate Meals - May 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.			1  Baked Tilapia/Lemon Pepper/Butter Stewed Tomatoes Peas Peach Crisp Bread
4  Open Faced Turkey Sandwich/Gravy Mashed Potatoes Peas & Carrots Diced Pears	5  Chicken Cordon Bleu Pasta Broccoli Corn Diced Peaches WG Bread	6  Baked Cheese Omelet Hash Browns Spinach Muffin Orange	7  Baked Chicken Thigh/Mrs. Dash Tomato Basil Bake Brussels Sprouts Bread Apricots	8  Egg Salad Sandwich WG Kidney Bean Salad Carrot & Celery Sticks Banana
11  Spaghetti & Meatballs Green Beans with Baby Potatoes Cauliflower Orange Fluff WG Bread	12  Chicken Vegetable Stir Fry/Brown Sauce Broccoli Orange Graham Crackers	13  Sloppy Jo Casserole Corn Cheesy Cauliflower Applesauce Cake	14  Chicken Bacon Ranch Pasta Peas Ranch Carrots Diced Peaches WG Bread	15  Oven Fried Chicken Scalloped Potatoes Lima Beans Banana WG Bread
18  Baked Ham Sweet Potatoes Green Beans Diced Pineapple WG Bread	19  Turkey Cheeseburger/Bun Butter Beans Stewed Tomatoes Mixed Fruit	20  Herb Roasted Chicken Cooked Cabbage Peas Banana WG Bread	21  Bacon Cheeseburger Pasta Basil Cherry Tomato Salad Corn Cherry Crisp Bread	22  Popcorn Shrimp/Cocktail Sauce Seasoned Potato Wedges Cole Slaw Cornbread Diced Peaches
25  <b>CAPCIL Closed for Memorial Day</b>	26  Chopped Beef Steak/Gravy Mashed Potatoes Peas Diced Pears WG Bread	27  Cider Braised Pork Chops Apple Stuffing Butter Beans Mixed Fruit	28  Veggie Bacon Pasta Salad Cottage Cheese Yogurt Fruit Parfait WG Crackers	29  Ham Sandwich Chips Carrot & Celery Sticks Cinnamon Applesauce Cookie

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