

Community Action Senior Home Delivery Menu - May 2015

Monday		Wednesday		Friday
<i>Hot Meal</i> <i>Cold Meal</i>		<i>Hot Meal</i> <i>Cold Meal</i>		May 1, 2015
Suggested Donation: \$3.00 However, no one requesting a meal will be denied meal service Milk served with each meal Reservation -732-2159 ext. 240		Senior Nutrition is provided by Community Action Partnership of Central Illinois and partially funded by Area Agency on Aging for Lincolnland		Baked Tilapia/Lemon Pepper/Butter Stewed Tomatoes Peas Peach Crisp Bread
May 4, 2015		May 6, 2015		May 8, 2015
<i>Hot Meal</i> <i>Cold Meal</i>		<i>Hot Meal</i> <i>Cold Meal</i>		
Open Faced Turkey Sandwich Gravy/Mashed Potatoes Peas & Carrots Diced Pears	Salmon Boats Rice Pilaf Peas Mixed Berries/Cool Whip Angel Food Cake	Baked Cheese Omelet Hash Browns Spinach Muffin Orange	Chicken Cordon Bleu Pasta Broccoli Corn Diced Peaches WG Bread	Egg Salad Sandwich WG Kidney Bean Salad Carrot & Celery Sticks Banana
May 11, 2015		May 13, 2015		May 15, 2015
<i>Hot Meal</i> <i>Cold Meal</i>		<i>Hot Meal</i> <i>Cold Meal</i>		
Spaghetti & Meatballs Green Beans w/Baby Potatoes Cauliflower Orange Fluff WG Bread	Baked Chicken Thigh/Mrs. Dash Tomato Basil Bake Brussels Sprouts Bread Apricots	Sloppy Joe Casserole Corn Cheesy Cauliflower Applesauce Cake	Chicken Vegetable Stir Fry/ Brown Sauce Broccoli Orange Graham Crackers	Oven Fried Chicken Scalloped Potatoes Lima Beans Banana WG Bread
May 18, 2015		May 20, 2015		May 22, 2015
<i>Hot Meal</i> <i>Cold Meal</i>		<i>Hot Meal</i> <i>Cold Meal</i>		<i>Cold Meal of 5/25 will be delivered</i>
Baked Ham Sweet Potatoes Green Beans Diced Pineapple WG Bread	Chicken Bacon Ranch Pasta Peas Ranch Carrots Diced Peaches WG Bread	Herb Roasted Chicken Cooked Cabbage Peas Banana WG Bread	Turkey Cheeseburger/Bun Butter Beans Stewed Tomatoes Mixed Fruit	Popcorn Shrimp/Cocktail Sauce Seasoned Potato Wedges Cole Slaw Cornbread Diced Peaches
May 25, 2015		May 27, 2015		May 29, 2015
<i>Hot Meal</i> <i>Cold Meal</i>		<i>Hot Meal</i> <i>Cold Meal</i>		
CAPCIL Closed for Memorial Day Delivered Friday 5/22 >	Bacon Cheeseburger Pasta Basil Cherry Tomatoes Corn Cherry Crisp Bread	Cider Braised Pork Chops Apple Stuffing Butter Beans Mixed Fruit	Chopped Beefsteak/Gravy Mashed Potatoes Peas Diced Pears WG Bread	Ham Sandwich Chips Carrots & Celery Sticks Cinnamon Applesauce Cookie

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