

**Community Action Senior Nutrition-Home Delivered Meals - November 2015**

HOT MEAL	Monday	COLD MEAL	HOT MEAL	Wednesday	COLD MEAL	Friday
		<b>2</b>			<b>4</b>	<b>6</b>
Spaghetti & Meatballs Italian Blend Veggies Apple Breadstick (1) 1% Milk	Meatloaf Mashed Potatoes/Gravy Stewed Tomatoes Diced Peaches WG Bread (2) 1% Milk		Corn Dog Baked Beans Tater Tots Mac & Cheese Mango Chunks 1% Milk		Chicken Bacon Ranch Pasta Broccoli Ranch Carrots Mixed Fruit WG Crackers (4) 1% Milk	Oven Fried Chicken Baked Potato w/ Butter and Sour Cream Kidney Bean Salad Mandarin Oranges WG Bread (2) 1% Milk
		<b>9</b>	<b>CLOSED</b>  <b>VETERANS</b>  <b>DAY</b>	<b>MEAL WILL BE SERVED ON</b>  <b>FRIDAY</b>	<b>11</b>	<b>13</b> Ham & Beans w/onions Broccoli Apricots Cornbread 1% Milk Smothered Pork Chop w/onions, Stuffing Sweet Potatoes, Lima Beans, Cinnamon Apple slices, 1% Milk
		<b>16</b>			<b>18</b>	<b>20</b>
Ham Sandwich/WG Bread Carrot Sticks Cauliflower Mixed Fruit 1% Milk	Sausage Gravy Over Biscuits Scrambled Eggs Hash Brown Patty V8 Juice Orange 1% Milk		BBQ Rib Patty Sweet Potatoes Brussel Sprouts Rosy Applesauce WG Bread (2) 1% Milk		Beef Stew w/ Peas, Carrots, Potatoes, Celery, Onion Brussel Sprouts Diced Pears WG Bread (2) 1% Milk	Baked Tilapia w/ Mrs. Dash Rice Pilaf Carrots Stewed Tomatoes Banana WG Bread (2) 1% Milk
		<b>23</b>			<b>25</b>	<b>27</b>
Cheeseburger on Bun Sweet Potato Fries Baked Beans Diced Pears 1% Milk	Chicken Tetrizzini Mashed Potatoes Lima Beans Mandarin Oranges WG Crackers (4) 1% Milk		Roast Turkey/Gravy Stuffing, Peas Sweet Potatoes Mandarin Oranges Graham Crackers (2) 1% Milk		Baked Cheese Omelet Hash Brown Patty Spinach Apple Cinnamon Muffin Orange 1% Milk	CAPCIL Closed Thursday and Friday HAPPY THANKSGIVING
		<b>30</b>				
Chili Mac Cottage Cheese Brussel Sprouts Diced Peaches WG Bread (2) 1% Milk	Sack Lunch		Suggested donation is \$3.00. No participant will be denied meals due to inability to donate. Milk is served with each meal. *It may be necessary to substitute food items due to unforeseen circumstances.		Senior Nutrition is provided by Community Action Partnership of Central Illinois and partially funded by Area Agency on Aging for Lincolnland.	

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