

Community Action Senior Programs-Home Delivered Meals -- October 2015

Hot Meal	Monday	Cold Meal	Hot Meal	Wednesday	Cold Meal	Friday
Suggested donation is \$3.00. No participant will be denied meals due to inability to donate. Milk 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.				2 Ham & Beans w/ Diced Onions Broccoli Apricots Cornbread 1% Milk
Beef Fajitas/Tortillas/ Sautee'd Green Pepper/ Onion/Salsa/Sour Cream/ Shredded Cheese Pinto Beans Diced Peaches 1% Milk	5	Beef Stew w/ Peas, Carrots, Potatoes, Celery, Onion Brussel Sprouts Diced Pears WG Bread (2) 1% Milk	BBQ Rib Patty Sweet Potatoes Brussel Sprouts Rosy Applesauce WG Bread (2) 1% Milk	7	Ham Sandwich/WG Bread Carrot Sticks Cauliflower Mixed Fruit 1% Milk	9 Baked Tilapia w/ Mrs. Dash Rice Pilaf Carrots Stewed Tomatoes Banana WG Bread (2) 1% Milk
Cheeseburger on Bun Sweet Potato Fries Baked Beans Diced Pears 1% Milk	12	Chicken Tetrizzini Mashed Potatoes Lima Beans Mandarin Oranges WG Crackers (4) 1% Milk	Baked Cheese Omelet Hash Brown Patty Spinach Apple Cinnamon Muffin Orange 1% Milk	14	Chicken Cordon Bleu Pasta Broccoli Stewed Tomatoes Mixed Berries/Cool Whip WG Crackers (4) 1% Milk	16 Tuna Salad Sandwich/ WG Bread 3 Bean Salad Coleslaw Jello Poke Cake Pineapple Tidbits 1% Milk
Chicken Strips (4) Roasted Potatoes & Peppers Butter Beans Rosy Applesauce WG Bread (2) 1% Milk	19	Chili Mac Cottage Cheese Brussel Sprouts Diced Peaches WG Bread (2) 1% Milk	Macaroni & Cheese Bake w/ Diced Ham Lima Beans Cauliflower Mixed Fruit WG Crackers (4) 1% Milk	21	Roast Turkey/Gravy Stuffing Peas Sweet Potatoes Mandarin Oranges Graham Crackers (2) 1% Milk	23 Ravioli/Meat Sauce Italian Blend Veggies Apple Juice Cup Cookie Breadstick (1) 1% Milk
Hot Dog w/ Cheese on Bun Seasoned Potato Wedges Baked Beans Mango Chunks 1% Milk	26	Beef Tips/Gravy Mashed Potatoes Corn Strawberries/Angel Food Cake/Cool Whip 1% Milk	Chicken Vegetable Rice Stir Fry w/ Brown Sauce Broccoli Carrots Diced Pears Graham Crackers (2) 1% Milk	28	Tomato Soup BLT Sandwich/WG Bread Cottage Cheese Green Pepper Slices Banana 1% Milk	30 Baked Tilapia w/ Lemon Pepper & Butter Scalloped Potatoes Lima Beans Orange WG Bread (2) 1% Milk

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