

**Community Action Senior Programs-Congregate Meals -- October 2015**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>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.</p>	<p>Senior Nutrition is provided by Community Action Partnership of Central Illinois and partially funded by Area Agency on Aging for Lincolnland.</p>		<p>1 Beef Stew w/ Peas, Carrots, Potatoes, Celery, Onion Brussel Sprouts Diced Peas WG Bread (2) 1% Milk</p>	<p>2 Ham &amp; Beans w/ Diced Onions Broccoli Apricots Cornbread 1% Milk</p>
<p>5 Beef Fajitas/Tortillas/ Sautee'd Green Pepper/ Onion/Salsa/Sour Cream/ Shredded Cheese Pinto Beans Diced Peaches 1% Milk</p>	<p>6 Ham Sandwich/WG Bread Carrot Sticks Cauliflower Mixed Fruit 1% Milk</p>	<p>7 BBQ Rib Patty Sweet Potatoes Brussel Sprouts Rosy Applesauce WG Bread (2) 1% Milk</p>	<p>8 Chicken Tetrizzini Mashed Potatoes Lima Beans Mandarin Oranges WG Crackers (4) 1% Milk</p>	<p>9 Baked Tilapia w/ Mrs. Dash Rice Pilaf Carrots Stewed Tomatoes Banana WG Bread (2) 1% Milk</p>
<p>12 Cheeseburger on Bun Sweet Potato Fries Baked Beans Diced Peas 1% Milk</p>	<p>13 Chicken Cordon Bleu Pasta Broccoli Stewed Tomatoes Mixed Berries/Cool Whip WG Crackers (4) 1% Milk</p>	<p>14 Baked Cheese Omelet Hash Brown Patty Spinach Apple Cinnamon Muffin Orange 1% Milk</p>	<p>15 Chili Mac Cottage Cheese Brussel Sprouts Diced Peaches WG Bread (2) 1% Milk</p>	<p>16 Tuna Salad Sandwich/ WG Bread 3 Bean Salad Coleslaw Jello Poke Cake Pineapple Tidbits 1% Milk</p>
<p>19 Chicken Strips (4) Roasted Potatoes &amp; Peppers Butter Beans Rosy Applesauce WG Bread (2) 1% Milk</p>	<p>20 Roast Turkey/Gravy Stuffing Peas Sweet Potatoes Mandarin Oranges Graham Crackers (2) 1% Milk</p>	<p>21 Macaroni &amp; Cheese Bake w/ Diced Ham Lima Beans Cauliflower Mixed Fruit WG Crackers (4) 1% Milk</p>	<p>22 Beef Tips/Gravy Mashed Potatoes Corn Strawberries/Angel Food Cake/Cool Whip 1% Milk</p>	<p>23 Ravioli/Meat Sauce Italian Blend Veggies Apple Juice Cup Cookie Breadstick (1) 1% Milk</p>
<p>26 Hot Dog w/ Cheese on Bun Seasoned Potato Wedges Baked Beans Mango Chunks 1% Milk</p>	<p>27 Tomato Soup BLT Sandwich/WG Bread Cottage Cheese Green Pepper Slices Banana 1% Milk</p>	<p>28 Chicken Vegetable Rice Stir Fry w/ Brown Sauce Broccoli Carrots Diced Peas Graham Crackers (2) 1% Milk</p>	<p>29 Meatloaf Mashed Potatoes/Gravy Stewed Tomatoes Diced Peaches WG Bread (2) 1% Milk</p>	<p>30 Baked Tilapia w/ Lemon Pepper &amp; Butter Scalloped Potatoes Lima Beans Orange WG Bread (2) 1% Milk</p>

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