

Community Action Senior Nutrition Congregate Meals - August 2015

Monday	Tuesday	Wednesday	Thursday	Friday
3 Baked Tilapia w/Lemon Pepper & Butter 3 Bean Salad Stewed Tomatoes Mixed Fruit	4 BBQ Pork Chops Cowboy Beans Applesauce Cherry Crisp Bread	5 Popcorn Shrimp/Cocktail Sauce Potato Salad Coleslaw Cornbread Peaches	6 Chilled Chicken Bacon Ranch Pasta Carrots/Celery Sticks Grapes Diced Pears WG Crackers	7 Ham & Cheese Sandwich Chips Creamy Cucumber Salad Chilled Apple Slices
10 Baked Chicken Thigh/Mrs. Dash Sweet Potatoes Green Beans Diced Pineapple WG Bread	11 Turkey & Cheese Sandwich Cottage Cheese Cucumber Slices Strawberries/Cool Whip/ Angel Food Cake	12 Chef's Salad Diced Ham/Eggs/Cherry Tomatoes/Shredded Carrots/Shredded Cheese/Diced Onion/Dressing/WG Crackers Apple Salad	13 BLT's Kidney Bean Salad Green Pepper Slices Diced Peaches Graham Crackers	14 Ham Slice (Cold) Carrot Sticks Cherry Tomatoes Yogurt Parfait WG Crackers
17 Hot Dog/Bun Baked Beans Corn Grapes	18 Chicken Vegetable & Rice Stir Fry/Brown Sauce Broccoli Mandarin Oranges Graham Crackers	19 Beef Fajita's/Sauteed Green Peppers & Onions/Shredded Cheese/Salsa/Sour Cream Pinto Beans Diced Peaches	20 Turkey Cheeseburger/Bun Roasted Parmesan Potatoes Stewed Tomatoes Apple Crisp	21 Egg Salad on a lettuce leaf Cottage Cheese Green Pepper Slices Mixed Berries/Granola WG Crackers
24 Cheeseburger/Bun Tater Tots Peas Mixed Fruit	25 Chicken Salad Sandwich Tomato Soup Broccoli Salad Mango Chunks	26 Chicken Caesar Pasta Salad Pea Salad WG Crackers Orange	27 Polish Sausage/Bun Red Cabbage German Potato Salad Rosy Applesauce	28 PB & J Sandwich Celery Sticks V-8 Juice Banana Cookie
31 Meatball Sub/Marinara/Shredded Cheese Brussels Sprouts Corn Peaches			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.	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