

Community Action- Senior Home Delivery Menu October 2011

Monday		Wednesday		Friday
October 3, 2011		October 5, 2011		October 7, 2011
<i>Hot Meal</i>	<i>Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	
Wholegrain Corndog Potato Salad Cottage Cheese Zucchini and Tomatoes Peach Cobbler	Chicken Alfredo Whole Grain Roll Peas & Carrots Apricots Cookie	Chef Salad/ Dressing (Meat, cheese, Egg, Tomato) Whole Grain Roll Vegetable/ Lentil Soup Mixed Fruit	Spaghetti/ Meat Sauce Whole Grain Spaghetti Garlic Bread Green Beans Pears	Oven Fried Chicken Mashed Potatoes/ Gravy Biscuit Cooked Cabbage/ Cheese Strawberries/ Angel Cake
<i>Hot Meal</i>	<i>Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	
Pork Chops and Apples Roasted Potatoes Seasoned Spinach Whole Wheat Roll Bread Pudding		Turkey Pasta Salad Whole Grain Crackers Green Beans Pickled Beets Apricots	Hamburger Gravy/ Biscuit Mashed Potatoes Broccoli Salad Fruit Cocktail Striped Cake	Seasonal Fruit Plate Cottage Cheese & Yogurt Cup Marinated Veggie/ Garbanzo Bean Salad Whole Grain Muffin
October 17, 2011		October 19, 2011		October 21, 2011
<i>Hot Meal</i>	<i>Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	
Baked Cod Dinner Roll Parmesan Potatoes Stewed Tomatoes Citrus Cup Oatmeal Cookie	Meatloaf Au gratin Potatoes 2 Slices Bread Lima Beans Applesauce Frosted Grahams	Shepherds Pie Whole Grain Roll Glazed Carrots Peas Peach Crisp	Chicken Tenders Baked Beans Corn Muffin Coleslaw Plums	Agency Closed Mandatory Agency Staff Meeting
October 24, 2011		October 26, 2011		October 28, 2011
<i>Hot Meal</i>	<i>Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	
Chicken and Dumplings Cinnamon Apples Calico Corn Whole Wheat Bread Pears	Tuna Casserole w/ Whole Grain Noodles Broccoli 3 Bean Salad Pineapple	Chicken Fajitas w/ Lettuce and Tomatoes 2 Whole Grain Tortillas Glazed Carrots Fruit Cocktail	Meatballs/ Gravy Brown Rice Mixed Veggies Lettuce Salad Strawberries/ Banana	Breakfast Casserole (Sausage, Egg, Cheese) V8 Juice Spinach Cottage Cheese Mandarin Oranges
October 31, 2011				
<i>Hot Meal</i>	<i>Cold Meal</i>			
Turkey Burger/ Bun Black Bean Salad Broccoli Peaches Cookie	Beef/ Whole Grain Noodles Pea Salad Cauliflower Baked Apple	<p align="center">For Reservations, call 217-732-2159 ext. 242 or 240</p> <p>Milk served with each meal.</p>		<p>NOTE: The menu posting on October 10th. will be delivered on Friday October 6th. due to our office being closed for Columbus Day</p>
			<p>A Suggested Donation is \$3.00 However, no one requesting a meal will be denied meal services.</p>	