

Apple of My Heart Nutrition Social Dining Club Menu

Monday	Tuesday	Wednesday	Thursday	Friday
December 3 Chicken & Dumplings With Peas & Carrots Roasted Asparagus Mixed Fruit	December 4 Chili w/ Meat & Beans (Cheese & Onions) Creamed Corn Corn Muffin Grape Salad	December 5 Polish Sausage on a whole grain bun w/ Sauerkraut Cole Slaw Cinnamon Applesauce	December 6 Pork Roast Mashed Potatoes & Gravy Green Beans Cherry Crisp	December 7 Fruit Plate Cottage Cheese 3 Bean Medley Whole Grain Muffin
December 10 Vegetable & Black Bean Soup Nacho Chips Lettuce Salad w/ Tomatoes, Cucumbers, Cheese & Dressing Mango	December 11 Breakfast Sandwich (Whole Grain English Muffin, Egg, Cheese, Canadian Bacon) Stewed Tomatoes Orange Juice	December 12 Chicken & Cheese Quesadilla Corn & Black Bean Salad Sliced Bell Peppers Pineapple	December 13 Beef Stew w/ Potatoes & Carrots Over a Biscuit Roasted Zucchini Baked Cinnamon Apples	December 14 Tuna Casserole w/ Peas & Carrots tossed w/ Whole Wheat Noodles Steamed Broccoli Sliced Apricots
December 17 Breakfast Casserole (Egg, Cheese, Sausage) Whole Wheat Bread Hash browns Spinach V-8 Juice Grapefruit Sections	December 18 Pineapple Glazed Ham Caramelized Sweet Potatoes Green Bean Casserole Pineapple Salad	December 19 Open Faced Roast Beef on Whole Wheat Bread Mashed Potatoes & Gravy Roasted Broccoli & Cauliflower w/ Cheese Peach Crisp	December 20 Vegetable Beef & Barely Soup Whole Wheat Crackers Lettuce Salad w/ Tomatoes, Cucumbers, Cheese & Dressing Creamy Fruit Salad	December 21 Meatball Subs w/ Marinara Sauce & Cheese Mustard Potato Salad Italian Vegetables Grapes
December 24 MERRY CHRISTMAS!!! Agency Closed	December 25 MERRY CHRISTMAS!!! Agency Closed Service will Resume December 26	December 26 Creamy Chicken Salad Whole Grain Crackers Glazed Carrots Marinated Cucumbers & Onions Fruit Medley	December 27 Spaghetti w/ Marinara Sauce & Italian Sausage Italian Style Green Beans Italian Lettuce Salad w/ Tomato, Red Onion, Cheese & Dressing Diced Pears	December 28 Chicken Fajitas w/ Peppers & Onions 2 Whole Grain Tortillas Refried Beans Tropical Fruit
December 31 HAPPY NEW YEAR!!! Agency Closed Service will resume January 2, 2013		Apple of My Heart Nutrition is provided by Community Action Partnership of Central Illinois & Partially funded by Area Agency on Aging Lincolnland.	A suggested donation is \$3.00 However, no one requesting a meal will be denied meal service	Milk is served with each meal

For Reservations, call 217-732-2159 ext. 240