

Community Action Senior Programs-Congregate Meals – MAY 2012 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
	May 1 Ravioli/Meat sauce Bread stick Green Beans Salad Greens/dressing Pears in Jello	May 2 Egg Salad Whole wheat bread (2) Lentil soup Bell pepper slices Mandarin oranges	May 3 Oven Baked Chicken Roasted potatoes Carrots Whole grain Roll Apple sauce	May 4 Tuna Casserole with whole wheat noodles Peas Celery sticks Sliced apricots
May 7 Baked Breaded Turkey Cutlet Mashed sweet potatoes Mixed vegetables Banana	May 8 Hamburger/whole grain bun Lettuce, tomato, onion Creamy Coleslaw Peaches	May 9 Pork chop and apples Brown Rice Peas and Carrots Pickled Beets	May 10 Beef tips and Gravy Whole wheat egg noodles Yellow Squash Seasoned spinach Fresh Orange	May 11 Chef Salad (meat, cheese, egg, tomato)/dressing Whole grain crackers Bean soup Tropical Fruit
May 14 Baked Ham Parslied Potatoes Whole grain roll Brussel Sprouts Pineapple	May 15 Baked Cod Wild Rice Broccoli Marinated Cucumber salad Plums	May 16 Beef Stew with potatoes and carrots Biscuit Asparagus Baked apple slices	May 17 Mexican Chicken Brown Rice Black beans Calico corn Cherry Crisp	May 18 Tuna Salad/Whole grain bread (2) Carrot Sticks Pea Salad Mixed fruit
May 21 Meatballs/tomato sauce Spaghetti noodles Italian vegetables Lettuce salad/dressing Pears	May 22 Hot Roast Beef on Kaiser Roll Mashed potatoes/gravy Broccoli salad oranges	May 23 Meat Loaf Au Gratin Potatoes Cooked Cabbage Strawberries and Angel food cake	May 24 Egg, spinach, cheese Quiche Texas Toast Pickled Beets Banana	May 25 Black Bean Soup Nacho Chips Cottage Cheese Salad greens/dressing Mango
May 28 Memorial Day Agency Closed.	May 29 Chicken and dumplings Peas and carrots Bell pepper slices Mixed fruit	May 30 Chili with meat and beans Whole grain crackers Green Beans Grape Salad	May 31 Salisbury steak Baked potato Broccoli/Cauliflower Pumpkin Pie	Suggested donation: \$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