

Community Action Senior Home Delivery Menu - October 2013

Monday		Wednesday		Friday
Oct.1, 2013		Oct.2, 2013		Oct. 4, 2013
<i>Hot Meal</i>	<i>Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	
Smoked Pork Chop Cheesy Potatoes Baked Beans Pineapple Salad	Meatloaf AuGratin Potatoes Creamed Corn Diced Peaches	Cheeseburger/Bun Pickles/Onion/Tomato/lettuce Baked Beans Banana	Ham & Beans Corn Bread Applesauce Peach Crisp	Chicken Salad/Crackers Cottage Cheese Three Bean Salad Mixed Berries
Oct. 7, 2013		Oct. 9		Oct.11
<i>Hot Meal</i>	<i>Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	
Chicken Noodle Soup (w/carrots,onion,celery) Sliced Cheese Sandwich Buttered Corn Diced Peaches	Sliced Turkey Seasoned Potatoes Peas Dinner Roll Diced Pears	Spaghetti/Meatballs Garlic Bread Peas Side Salad/Italian Dressing Strawberries/Cool Whip	Hot Dog/Bun Baked Beans Cole Slaw Mandarin Oranges Graham Crackers	Turkey Pasta Salad/Ranch Dressing Carrot Sticks Fruit Cocktail Pumpkin Pie
October 14, 2013		Oct. 16		Oct. 18
<i>Hot Meal</i>	<i>Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	
Beef Fajita Onions & Peppers Sour Cream Three Bean Salad Banana	Sliced Ham Candied Sweet Potatoes Green Bean Casserole Whole Grain Dinner Roll Chunk Pineapple	Chili Mac/Oyster Crackers Chopped Onion Cottage Cheese Spinach Diced Peaches	Pork Chop Mashed Potatoes Cauliflower/cheese Whole Grain Roll Mandarin Oranges	Ham Salad Sandwich Carrot/Celery Sticks Applesauce Broccoli Salad
Oct. 21		Oct. 23		Oct. 25
<i>Hot Meal</i>	<i>Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	
BBQ Ribbette Bun Garden Salad Baked Beans Pear	Polish Sausage/Bun Seasoned Potatoes Peas & Carrots Diced Pears Oatmeal Cookies	Baked Fish/Tartar Sauce Seasoned White Rice Lima Beans Whole Grain Bread Diced Peaches	Oven Fried Chicken Mashed Potatoes/Gravy Green Beans/ Roll Banana Pudding/Banana Slices Vanilla Wafers	Beef Stew w/ Potatoes & Carrots Over Biscuits Cole Slaw Baked Apple Slices
Oct.28		Oct. 30		Oct. 31
<i>Hot Meal</i>	<i>Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	<i>Hot Meal</i>
Tomato Basil Soup Crackers Sliced Turkey/Cheese Sand. Carrots & Celery Sticks Cinammon Applesauce	Tuna Salad Sandwich Creamy Broccoli Soup Peas Diced Pears	Italian Grilled Chicken Oven Fried Potatoes Breaded Stewed Tomatoes Slice of Whole Grain Bread Banana	Choped Beef Steak Mashed Potatoes & Gravy Cowboy Beans Whole Grain Roll Cherry Crisp	Cottage Cheese Cornbread Kidney Bean Salad Cherry Tomatoes/Celery Sticks Mixed Berries

Senior Nutrition is provided by Community Action Partnership of Central Illinois & partially funded by Area Agency on Aging Lincolnland.

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