

## Community Action Senior Home Delivery Menu - June 2014

| Monday   |  | Wednesday   |  | Friday  |
|--|--|---|--|---|
| June 2, 2014   |  | June 4, 2014  |  | June 6, 2014  |
| <i>Hot Meal</i>  | <i>Cold Meal</i>   | <i>Hot Meal</i>   | <i>Cold Meal</i>   |   |
| Baked Tilapia<br>Spinach<br>Stewed Tomatoes<br>Tropical Fruit Salad<br>Whole Grain Bread   | Chicken & Dumplings<br>Peas<br>Carrots<br>Bread<br>Apple   | Parmesan Chicken<br>Seasoned Potato Wedges<br>Brussels Sprouts<br>Peach Crisp<br>Bread                              | Beef Fajita's w/ sauteed<br>Onions & Green Peppers/Salsa<br>Shredded Cheese/Sour Cream<br>Pinto Beans<br>Rosy Applesauce                                 | Cottage Cheese<br>3 Bean Salad<br>Pickled Beets<br>Whole Grain Bread<br>Banana  |
| June 9, 2014   |  | June 11, 2014   |  | June 13, 2014   |
| <i>Hot Meal</i>  | <i>Cold Meal</i>   | <i>Hot Meal</i>   | <i>Cold Meal</i>   |   |
| Baked Ham<br>Candied Sweet Potatoes<br>Green Bean Casserole<br>Pinapple Chunks<br>Whole Grain Bread                              | Creamy Ranch Turkey Pasta<br>Salad w/ Cherry Tomatoes<br>Marinated Cucumbers & Onion<br>Orange Fluff<br>Whole Grain Crackers | BBQ Pork Chop<br>Scalloped Potatoes<br>Corn<br>Diced Peaches<br>Bread<br>Graham Crackers                            | Turkey Cheeseburger/Bun<br>Kidney Bean Salad<br>Creamy Cole Slaw<br>Applesauce   | Chicken Salad on<br>Whole Grain Bread<br>Chilled Stewed Tomatoes<br>Marinated Carrots<br>Apple  |
| June 16, 2014  |  | June 18, 2014   |  | June 20, 2014   |
| <i>Hot Meal</i>  | <i>Cold Meal</i>   | <i>Hot Meal</i>   | <i>Cold Meal</i>   |   |
| Meatball Sub Sandwich<br>w/Marinara Sauce &<br>Shredded Cheese<br>Capri Veggies/Potato Wedges<br>Mandarin Oranges                | Rotini Pasta w/Meat Sauce/Onion<br>and Mushrooms<br>Peas<br>Fruit Cocktail<br>Breadstick                                     | Oven Baked Chicken<br>California Blend Veggies<br>V-8 Juice<br>Mixed Fruit<br>Bread                                 | Tuna Noodle Casserole/Peas<br>Candied Carrots<br>Diced Pears<br>Whole Grain Bread  | Sliced Turkey Sandwich<br>Kidney Bean Salad<br>Creamy Cole Slaw<br>Strawberry Shortcake/Cool Whip   |
| June 23, 2014  |  | June 25, 2014   |  | June 27, 2014   |
| <i>Hot Meal</i>  | <i>Cold Meal</i>   | <i>Hot Meal</i>   | <i>Cold Meal</i>   |   |
| Chopped Beef Steak/Gravy<br>Mashed Potatoes<br>Spinach<br>Diced Pineapple<br>Whole Grain Bread                                   | Ham Loaf<br>Candied Sweet Potatoes<br>Green Beans<br>Cherry Crisp<br>Whole Grain Bread                                       | Baked Chicken Thighs/Mrs. Dash<br>Potato Salad<br>Cucumber Salad<br>Mixed Berries/Cool Whip<br>Over Angel Food Cake | Chicken & Noodles w/<br>Peas/Carrots/Onion<br>Green Beans<br>Diced Pears<br>Bread  | Upside Down Pizza<br>Side Salad/Dressing<br>Broccoli<br>Diced Peaches<br>Oatmeal Raisin Cookie  |
| June 30, 2014  |  | June 30, 2014   |  |   |
| <i>Hot Meal</i>  | <i>Cold Meal</i>   | <i>Hot Meal</i>   | <i>Cold Meal</i>   |   |
| Chef's Salad w/ Diced Ham<br>Bacon Crumbles/Diced Onion<br>Tomatoes/Shredded Carrots<br>Dressing/WG Crackers<br>Mandarin Oranges | Egg Salad Sandwich<br>Pickled Beets<br>Kidney Bean Salad<br>Fruit Cocktail   |   | <b>Suggested Donation: \$3.00</b><br><b>However, no one requesting a</b><br><b>meal will be denied meal service</b><br><b>Milk served with each meal</b> | <b>Senior Nutrition is provided by</b><br><b>Community Action Partnership of</b><br><b>Central Illinois and partially funded</b><br><b>by Area Agency on Aging for</b><br><b>Lincolnland.</b> |

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

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