

Community Action Senior Programs-Congregate Meals - November 2015

Monday	Tuesday- No Logan Courts	Wednesday	Thursday- No F/ship Manor	Friday
2 Spaghetti & Meatballs Italian Blend Veggies Apple Breadstick (1) 1% Milk	3 Chicken Bacon Ranch Pasta Broccoli Ranch Carrots Mixed Fruit WG Crackers (4) 1% Milk	4 Corn Dog Baked Beans Tater Tots Mac & Cheese Mango Chunks 1% Milk	5 Vegetable Soup Turkey Cheeseburger on Bun Seasoned Potato Wedges Pineapple Tidbits 1% Milk	6 Oven Fried Chicken Baked Potato w/ Butter and Sour Cream Kidney Bean Salad Mandarin Oranges WG Bread (2) 1% Milk
9 Chicken & Noodles Broccoli Butter Beans Plums WG Bread (2) 1% Milk	10 Smothered Pork Chop w/onions Stuffing Sweet Potatoes Lima Beans Cinnamon Apple Slices 1% Milk	11 CAPCIL Closed Veterans Day	12 Sausage Gravy Over Biscuits Scrambled Eggs Hash Brown Patty V8 Juice Orange 1% Milk	13 Ham & Beans w/ Diced Onions Broccoli Apricots Cornbread 1% Milk
16 Ham Sandwich/WG Bread Carrot Sticks Cauliflower Mixed Fruit 1% Milk	17 Beef Stew w/ Peas, Carrots, Potatoes, Celery, Onion Brussel Sprouts Diced Pears WG Bread (2) 1% Milk	18 BBQ Rib Patty Sweet Potatoes Brussel Sprouts Rosy Applesauce WG Bread (2) 1% Milk	19 Chicken Tetrizzini Mashed Potatoes Lima Beans Mandarin Oranges WG Crackers (4) 1% Milk	20 Baked Tilapia w/ Mrs. Dash Rice Pilaf Carrots Stewed Tomatoes Banana WG Bread (2) 1% Milk
23 Cheeseburger on Bun Sweet Potato Fries Baked Beans Diced Pears 1% Milk	24 Baked Cheese Omelet Hash Brown Patty Spinach Apple Cinnamon Muffin Orange 1% Milk	25 Roast Turkey/Gravy Stuffing Peas Sweet Potatoes Mandarin Oranges Graham Crackers (2) 1% Milk	26 CAPCIL Closed HAPPY THANKSGIVING	27 CAPCIL Closed
30 Chili Mac Cottage Cheese Brussel Sprouts Diced Peaches WG Bread (2) 1% Milk			Suggested donation is \$3.00. No participant will be denied meals due to inability to donate. Milk is served with each meal. *It may be necessary to substitute food items due to unforeseen circumstances.	Senior Nutrition is provided by Community Action Partnership of Central Illinois and partially funded by Area Agency on Aging for Lincolnland.

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