

Community Action Senior Home Delivery Menu - February 2015

Monday		Wednesday		Friday
Feb. 2		Feb. 4		Feb. 6
<i>Hot Meal</i>	<i>Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	
Spaghettin & Meatballs Italian Blend Veggies Cinnamon Applesauce Diced Pears Breadstick	Beef Tips/Gravy/Over Noodles Corn Butter Beans Mixed Fruit WG Bread	Smothered Pork Chops/Onions Sweet Potatoes Lima Beans Orange Fluff WG Bread	Chopped Beef Steak/Onions Mashed Potatoes/Gravy Corn Apple WG Bread	Oven Fried Chicken Scalloped Potatoes Peas Banana Bread
Feb. 9		Feb. 11		Feb. 13
<i>Hot Meal</i>	<i>Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	
Lentil Vegetable Soup Cheeseburger/Bun Chips Plums	Chicken Broccoli Alfredo Over Noodle Cauliflower Diced Peaches Bread	Swedish Meatballs Over Noodles Brussels Sprouts Candied Carrots Mixed Fruit Bread	Baked Tilapia/Mrs. Dash Baked Potato/Sour Cream/Butter Breaded Tomatoes Diced Peaches WG Bread	1 BBQ Chicken Thighs/Cheesy Broccoli Lima Beans/Apple Crisp/Bread 2 Polish Sausage/Bun/Sauerkraut German Potato Salad Cinnamon Applesauce
Feb. 16		Feb. 18		Feb. 20
<i>Hot Meal</i>	<i>Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	
CAPCIL CLOSED Presidents Day		Turkey & Dressing Mashed Potatoes/Gravy Green Bean Casserole Apple Crumb Pie/Cool Whip WG Dinner Roll	Tuna Noodle Casserole/Peas/Carrot Spinach Cherry Crisp	Sausage Gravy Over Biscuits Scrambled Eggs Hash Browns V-8 Juice Orange
Feb. 23		Feb. 25		Feb. 27
<i>Hot Meal</i>	<i>Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	
Baked Ham Sweet Potatoes Green Beans Diced Pineapple WG Bread	Ham Loaf Candied Sweet Potatoes Lima Beans Diced Peaches WG Bread	Herb Roasted Chicken Cooked Cabbage Peas Banana Pudding Vanilla Wafers	Turkey Cheeseburger/Bun Butter Beans Stewed Tomatoes Mixed Fruit	Beef Stew Biscuits Broccoli Rosy Applesauce
<i>Hot Meal</i>	<i>Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	
		Suggested Donation: \$3.00 However, no one requesting a meal will be denied meal service Milk served with each meal Reservation -732-2159 ext. 240		Senior Nutrition is provided by Community Action Partnership of Central Illinois and partially funded by Area Agency on Aging for Lincolnland

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