

## Community Action Senior Nutrition Home Delivered Meals - August 2015

HOT MEAL	Monday	COLD MEAL	HOT MEAL	Wednesday	COLD MEAL	Friday
		<b>3</b>			<b>5</b>	<b>7</b>
Baked Tilapia w/Lemon Pepper & Butter 3 Bean Salad Stewed Tomatoes Mixed Fruit	Chicken Salad Sandwich on WG Bread Tomato Soup Broccoli Salad Diced Peaches		Popcorn Shrimp/Cocktail Sauce Potato Salad Coleslaw Cornbread Peaches		BBQ Pork Chops Cowboy Beans Applesauce Cherry Crisp WG Bread	Ham & Cheese Sandwich Chips Creamy Cucumber Salad Chilled Apple Slices
		<b>10</b>			<b>12</b>	<b>14</b>
Baked Chicken Thigh/Mrs. Dash Sweet Potatoes Green Beans Diced Pineapple WG Bread	Chilled Chicken Bacon Ranch Pasta Carrots/Celery Sticks Grapes Diced Pears WG Crackers		Chef's Salad Diced Ham/Eggs/Cherry Tomatoes/Shredded Carrots/Shredded Cheese/Diced Onion/Dressing/WG Crackers Apple Salad		Turkey & Cheese Sandwich Cottage Cheese Cucumber Slices Strawberries/Cool Whip/ Angel Food Cake	Ham Slice (Cold) Carrot Sticks Cherry Tomatoes Yogurt Parfait WG Crackers
		<b>17</b>			<b>19</b>	<b>21</b>
Hot Dog/Bun Baked Beans Corn Grapes	BLT's Kidney Bean Salad Green Pepper Slices Diced Peaches Graham Crackers		Beef Fajita's/Sauteed Green Peppers & Onions/Shredded Cheese/Salsa/Sour Cream Pinto Beans Diced Peaches		Chicken Vegetable & Rice Stir Fry/Brown Sauce Broccoli Mandarin Oranges Graham Crackers	Egg Salad on a lettuce leaf Cottage Cheese Green Pepper Slices Mixed Berries/Granola WG Crackers
		<b>24</b>			<b>26</b>	<b>28</b>
Cheeseburger/Bun Tater Tots Peas Mixed Fruit	Turkey Cheeseburger/Bun Roasted Parmesan Potatoes Stewed Tomatoes Apple Crisp		Chicken Caesar Pasta Salad Pea Salad WG Crackers Orange		Chicken Salad Sandwich Tomato Soup Broccoli Salad Mango Chunks	PB & J Sandwich Celery Sticks V-8 Juice Banana Cookie
		<b>31</b>				
Meatball Sub/Marinara/Shredded Cheese Brussels Sprouts Corn Peaches	Polish Sausage/Bun Red Cabbage German Potato Salad Rosy Applesauce				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.	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**