

Community Action - Apple of My Heart Nutrition - Menu August 2013

Monday	Tuesday	Wednesday	Thursday	Friday
<p>A suggested donation is \$3.00 However, no one requesting a meal will be denied meal service</p>	<p>Milk is served with each meal Menu substitutions may occur.</p>	<p>Apple of My Heart Nutrition is provided by Community Action Partnership of CI and partially funded by Area Agency on Aging Lincolnland.</p>	<p>August 1 Pork Tenderloin Cheesy Potatoes Brussel Sprouts Cinnamon Applesauce</p>	<p>August 2 Egg Salad On Whole Wheat Bread Sun Chips Bell Pepper Slices Mandarin Oranges</p>
<p>August 5 Ravioli with Meat Sauce Italian Vegetables Caesar Salad (Lettuce, Parm Cheese, Croutons & Caesar Dressing)</p>	<p>August 6 Roast Turkey Sandwich on Whole Wheat with Cheese, Lettuce & Tomato Baked Chips Fresh Fruit</p>	<p>August 7 Salisbury Steak with Mashed Potatoes & Gravy Steamed Broccoli Peach Crisp</p>	<p>August 8 Chicken Fajitas with Pepper & Onions 2 Whole Grain Tortillas Shredded Lettuce/sour cream Tropical Fruit</p>	<p>August 9 Sloppy Joe Whole Grain Bun Buttered Corn Pears</p>
<p>August 12 Chicken Nuggets Garlic Mashed Potatoes Glazed Carrots Whole Grain Roll Fruit Cocktail</p>	<p>August 13 Tuna Salad Whole Wheat Crackers Cucumber Slices 3 Bean Medley Grapes</p>	<p>August 14 Bob Evans Sausage, Egg and Cheese Biscuit Hash Browns V-8 Juice Grapefruit Sections</p>	<p>August 15 Polish Sausage with Peppers & Onions Roasted Garlic Mashed Potatoes Steamed Veggies Apple Crisp</p>	<p>August 16 Sliced Ham with Pineapple Glaze Smashed Sweet Potatoes Green Beans Hawaiian Roll Pineapple & Cherries</p>
<p>August 19 Breaded Chicken Tenders Baked Beans Broccoli with Cheese Fruit Medley</p>	<p>August 20 Sliced Roast Beef & Cheddar Sandwich On Whole Wheat Baked Chips Garden Salad with Lettuce, Tomato, Cucumber & Dressing Fresh Berries</p>	<p>August 21 Turkey Tetrazini with Spiral Noodles Peas & Carrots Lima Beans Sliced Peaches</p>	<p>August 22 Chef's Choice</p>	<p>August 23 Fruit Plate Cottage Cheese Vegetable Salad Whole Grain Muffin V-8 Juice</p>
<p>August 26 Chicken Alfredo with Broccoli Italian Style Green Beans Garlic Bread Sliced Apricots</p>	<p>August 27 Swedish Meatballs in Gravy Mashed Potatoes Glazed Carrots Fresh Fruit</p>	<p>August 28 Chicken Caesar Pasta Salad w/ Cherry Tomatoes Beets Fresh Berries</p>	<p>August 29 Pepperoni French Bread Pizza Steamed Vegetables Marinated Bean Salad Creamy Fruit Salad</p>	<p>August 30 Cheeseburger on a Whole Grain Bun w/ Lettuce, Tomato & Onion Mustard Potato Salad Fresh Banana</p>

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