

Apple of My Heart Nutrition Senior Social Dining Club Menu - May 2013
 Provided by Community Action Partnership of Central Illinois

Monday	Tuesday	Wednesday	Thursday	Friday
A suggested donation is \$3.00 However, no one requesting a meal will be denied meal service	Milk is served with each meal	May 1 Ham Salad Sandwich on Whole Wheat Bread Chips Garbanzo Bean Salad Fruit Cocktail	May 2 Lasagna Italian Style Green Beans Salad w/ Tomato, Cheese & Dressing Garlic Bread Grape Salad	May 3 Turkey Pasta Salad Whole Grain Crackers Marinated Cucumbers & Onions Pickled Beets Sliced Apricots
May 6 Sausage, Egg & Cheese Biscuit Country Style Hash Browns V-8 Juice Sliced Grape Fruit Sections	May 7 BBQ Ribbette Creamed Corn Scalloped Potatoes Corn Muffin Sliced Pineapple	May 8 Taco Salad Beef, Lettuce, Salsa, & Cheese Refried Beans Corn Chips Mixed Fruit	May 9 Tuna Casserole tossed with Peas, Carrots & Whole Wheat Noodles Steamed Broccoli Sliced Peaches	May 10 Oven Fried Chicken Mashed Potatoes & Gravy Green Beans Angel Cake with Fresh Berries
May 13 Chef Salad (Ham, Egg, Tomato, Cheese & Dressing) Marinated Green Beans Pears in Jell-O	May 14 Beef Tips & Gravy Over Brown Rice Mixed Veggies Mandarin Oranges	May 15 Baked Cod Wild Rice Creamed Spinach Cucumber Salad Tropical Fruit	May 16 Creamy Potato & Bacon Soup Sliced Turkey on Whole Wheat with Lettuce & Tomato Sliced Pears Brownie	May 17 Pepperoni French Bread Pizza Steamed Vegetables 3 Bean Medley Banana
May 20 Oven Baked Pork Chop Cheesy Potatoes Glazed Carrots Baked Cinnamon Apples	May 21 Pineapple & Cherries On Top Cottage Cheese Vegetable Salad Whole Grain Muffin	May 22 Ravioli w/ Meat Sauce Italian Vegetables Garlic Bread Caesar Salad (Lettuce, Parm Cheese, Croutons & Caesar Dressing)	May 23 Mexican Chicken With Rice & Salsa Corn & Black Bean Salad Banana Fresh Baked Cookie	May 24 Jumbo Beef Hot Dog With Diced Onion & Relish Mustard Potato Salad Baked Beans Creamy Fruit Salad
May 27 Memorial Day! Agency Closed	May 28 Chicken & Dumplings with Peas & Carrots Lima Beans Rosy Applesauce	May 29 BLT on Whole Wheat Bread Oven Potatoes Bean Salad Fresh Fruit	May 30 Baked Ham Sweet Potatoes Roasted Asparagus Pineapple Chunks	May 31 Chicken, Broccoli, Rice & Cheese Casserole Steamed Veggies Mixed Fruit

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