

Community Action Senior Home Delivery Menu - November 2013

Monday		Wednesday		Friday
<i>Hot Meal</i>	<i>Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	Nov. 1 <i>Hot Meal</i>
Meals provided by CAPCIL partially funded by Area Agency on Aging Lincolnland.	Milk provided with each meal. Suggested donation of \$3 per meal, however nobody will be refused due to inability to pay.			Hamburger Vegetable Soup Whole Wheat Crackers Cottage Cheese Peach Cobbler
Nov. 4 <i>Hot Meal</i>	<i>Cold Meal</i>	Nov. 6 <i>Hot Meal</i>	<i>Cold Meal</i>	Nov. 8 <i>Hot Meal</i>
Oven Fried Chicken Cheesy Cauliflower Cooked Carrots Whole Grain Roll Diced Pears	Cottage Cheese Cornbread Kidney Bean Salad Cherry Tomatoes/Celery Sticks Mixed Berries	Baked Tilapia Lima Beans Stewed Tomatoes Applesauce Choc. Cake/Cream Cheese Icing Whole Grain Bread	Sliced Ham Candied Sweet Potatoes Corn Pineapple Chunks Graham Crackers Whole Grain Bread	Egg Salad Sandwich Spinach/Peas Strawberries/Cool Whip Cold Meal Goulash/Green Beans Mixed Berries/Cool Whip/Roll
Nov. 11 <i>Hot Meal</i>	<i>Cold Meal</i>	Nov. 13 <i>Hot Meal</i>	<i>Cold Meal</i>	Nov. 15 <i>Hot Meal</i>
CAPCIL Closed For Veteran's Day		Chopped Steak/Gravy Oven Baked Fries Butter Beans Fruit Cocktail/Oatmeal Cookie Whole Grain Bread	Tuna Noodle Casserole Peas Carrots Whole Grain Bread Mandarin Oranges	Hot Dog/Bun Potato Chips Broccoli Salad Cottage Cheese Banana
Nov. 18 <i>Hot Meal</i>	<i>Cold Meal</i>	Nov. 20 <i>Hot Meal</i>	<i>Cold Meal</i>	Nov. 22 <i>Hot Meal</i>
Chicken Pasta Bake Garlic Bread Spinach/Tomatoes Diced Pears	Chicken Broccoli Rice Casserole Green Beans Diced Pineapple Whole Grain Bread	Polish Sausage/Bun Sweet Potatoes & Apples Pickled Beets	Pinto Beans & Ham/diced onion Cole Slaw Cornbread Mandarin Oranges Chocolate Chip Cookie	Beef Tips w/gravy over noodles Brussels Sprouts Glazed Carrots Banana
Nov. 25 <i>Hot Meal</i>	<i>Cold Meal</i>	Nov. 27 <i>Hot Meal</i>	<i>Cold Meal</i>	Nov. 29 <i>Hot Meal</i>
BBQ Grilled Chicken Cowboy Beans Cauliflower Diced Pears	Roasted Turkey Mashed Potatoes/Gravy Peas Whole Grain Bread Pumpkin Pie/Cool Whip	Corn Dog American Potatoes Raw Veggies Cottage Cheese Bananas & Mandarin Oranges	Meatloaf Cheesy Mashed Potatoes Spinach Whole Grain Roll Strawberries & Peaches	CAPCIL Closed for Thanksgiving

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