

Apple of My Heart Nutrition Social Dining Club Menu September 2013

Monday	Tuesday	Wednesday	Thursday	Friday
September 2 Agency Closed Labor Day Service will Resume Tuesday September 3 rd .	September 3 Chicken & Dumplings Peas & Carrots Lima Beans Grapes	September 4 Polish Sausage On a Whole Grain Bun Peppers & Onions Glazed Carrots Cinnamon Applesauce	September 5 Spaghetti Bake w/ Meat Sauce Green Beans Side Salad: Lettuce, Tomato, Cheese & Dressing Chocolate Cake	September 6 Taco Salad Beef, Lettuce, Salsa & Cheese Pinto Beans Corn Chips Applesauce
September 9 White Chicken Chili Lettuce Salad & Dressing Whole Grain Crackers Fresh Fruit	September 10 Beef Stew w/ Potatoes & Carrots Over a Biscuit Green Beans Baked Apple Slices	September 11 Chef Salad (Meat, Cheese, Egg, Tomato & Dressing) Whole Grain Crackers Tomato Soup Fresh Strawberries	September 12 Chicken & Cheese Quesadilla Three Bean Salad Marinated Tomatoes & Cucumbers Mango	September 13 Egg, Spinach & Cheese Quiche Whole Grain Muffin V-8 Juice Sliced Pears
September 16 Baked Cod Wild Rice Seasoned Spinach Mixed Vegetables Apricots	September 17 BBQ Ribbette Green Beans Scalloped Potatoes Dinner Roll Sliced Pineapple	September 18 Turkey Pasta Salad Whole Wheat Crackers Marinated Cucumbers n Onions Pickled Beets Sliced Peaches	September 19 Ham & Beans Diced Onions Corn Bread Glazed Carrots Apple Crumb Bake	September 20 Chicken, Broccoli, Rice & Cheese Casserole Mixed Vegetables Mixed Fruit
September 23 Oven Baked Chicken Garlic Mashed Potatoes Broccoli & Cauliflower Whole Grain Roll Peach Crisp	September 24 Meatball Sub with Marina Sauce & Cheese Cole Slaw Steamed Veggies Mixed Fruit	September 25 Creamy Potato & Bacon Soup Sliced Turkey on Whole Wheat w/ Lettuce, Tom & Cheese Lima Beans Sliced Pears	September 26 Meat Loaf AuGratin Potatoes Creamed Corn Sliced Peaches	September 27 BLT on Whole Wheat Bean Salad Carrot & Celery Sticks Fresh Fruit
September 30 Smoked Pork Chop Cheesy Potatoes Baked Beans Pineapple Salad		Apple of My Heart Nutrition is provided by Community Action Partnership of CI and partially funded by Area Agency on Aging Lincolnland.	A suggested donation is \$3.00 However, no one requesting a meal will be denied meal service	Milk is served with each meal

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