



TO ORDER A MEAL AT MEAL SITE CALL 309-788-6335 24 HOURS IN ADVANCE

MON

TUE

WED

THU

FRI



1.
CHICKEN A LA KING
OVER BISCUIT
GLAZED CARROTS
PEAS
PEANUT BUTTER
COOKIE
MILK
GRAPE JUICE

4.
BEEF STIR FRY
RICE
FRESH PINEAPPLE
DINNER ROLL
MILK
ORANGE JUICE

5.
BBQ CHICKEN
MASHED POTATOES
LIMA BEANS
RICE KRISPIE SQUARE
DINNER ROLL
MILK
APPLE JUICE

6.
ROAST TURKEY
STUFFING
PEAS
CRANBERRY SAUCE
DINNER ROLL
MILK
GRAPE JUICE

7.
SWISS STEAK
RICE
CARROTS
FRUIT COCKTAIL
WHEAT BREAD
MILK
ORANGE JUICE

8.
SMOTHERED CHICKEN
SWEET POTATOES
ITALIAN VEGETABLES
CH. CHIP COOKIE
WHEAT BREAD
MILK
GRAPE JUICE

11.
PORK MEDALLIONS
WITH MARSALA
SAUCE
NOODLES
LIMA BEANS
APPLESAUCE
DINNER ROLL
MILK
ORANGE JUICE

12.
SPAGHETTI WITH
MEAT SAUCE
BROCCOLI FLORETS
FRUIT COCKTAIL
DINNER ROLL
MILK
APPLE JUICE

13.
SWEDISH MEATBALLS
RICE
CARROTS
APRICOTS
WHEAT BREAD
MILK
GRAPE JUICE

14.
ROAST BEEF
BAKED POTATO
PEAS
OATMEAL RAISIN
COOKIE
WHEAT BREAD
MILK
ORANGE JUICE

15.
ROAST TURKEY
OVEN BROWNED
POTATOES
ITALIAN VEGETABLES
SUGAR COOKIE
DINNER ROLL
MILK
GRAPE JUICE

18.
ROSEMARY PORK
LOIN
BAKED POTATO
CAPRI VEGETABLES
CH. CHIP COOKIE
WHEAT BREAD
MILK
ORANGE JUICE

19.
BEEF STEW
PEAS
DINNER ROLL
SUGAR COOKIE
MILK
APPLE JUICE

20.
SAUCY CHICKEN
MACARONI & CHEESE
SAUTEED SPINACH
EMERALD PEARS
DINNER ROLL
MILK
GRAPE JUICE

21.
PORK CHOP
MASHED POTATOES
GREEN BEANS
CH. CHIP COOKIE
DINNER ROLL
MILK
ORANGE JUICE

22.
FILET OF COD
ALMONDINE
BAKED POTATO
MIXED VEGETABLES
COTTAGE CHEESE
SUGAR COOKIE
WHEAT BREAD
MILK
GRAPE JUICE

25.
MEATLOAF
MASHED POTATOES
SUCCOTASH
OATMEAL COOKIE
WHEAT BREAD
MILK
APPLE JUICE

26.
BBQ CHICKEN
BAKED YAMS
CORN
SUGAR COOKIE
WHEAT BREAD
MILK
ORANGE JUICE

27.
HAMBURGER ON BUN
KETCHUP/MUSTARD
PEAS
POTATO SALAD
ASSORTED PASTRY
MILK
GRAPE JUICE

28.
BAKED TILAPIA
ASPARAGUS TIPS
SHELL PASTA SALAD
PEARS
DINNER ROLL
MILK
APPLE JUICE

29.
CHICKEN SALAD ON A
CROISSANT
POTATO CHIPS
APRICOTS
MILK
GRAPE JUICE

THERE COULD BE SLIGHT VARIATIONS IN THIS MENU. Suggested Donations: Congregate Meals \$3.00 & Home Delivered Meals \$4.00 Participants will not be denied service if they cannot or will not contribute to the cost of the meal.