

March 2025 - Menu

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3 - Monday Beef and Egg Noodles w/gravy Prince Edward Blend Lima Beans Mixed Fruit Bread CELEBRATE BDAYS 10 - Monday Goulash Green Beans Lorna Doones Pears Breadstick	4 – Tuesday Sloppy Joe Roasted Sweet Potatoes Seasoned Peas Bun Apricots SF Vanilla Pudding 11 – Tuesday Beef Stew Seasoned Wax Beans Whipped potatoes w/gravy Apricots SF Vanilla Pudding Biscuit	5 - Wednesday Lemon Thyme Chicken Rice Pilaf Sliced Carrots Tossed Salad w/French Applesauce Bread 12 - Wednesday	6 – Thursday Chicken Pot Pie Seasoned Broccoli Cauliflower Diced Peaches Graham Crackers 2 pks 13 – Thursday Honey Dijon Pork Roasted Sweet Potatoes Italian Vegetable Blend Applesauce Bread Vanilla Wafers	7 – Friday Baked Tilapia <u>OR</u> Honey Sriracha Pork Garlic Green Beans White Rice Diced Pears Angel Food Cake LENT 14 – Friday Tuna Noodle Casserole <u>OR</u> Turkey Patty w/gravy over White Rice Seasoned Broccoli Seasoned Cauliflower Mixed Fruit Graham Crackers Bread	
17 – Monday Salisbury Steak w/ mushroom gravy Zucchini & Tomatoes Butternut Squash Applesauce Graham Crackers	18 – Tuesday Swiss Chicken Casserole Seasoned Peas & Carrots Seasoned Red Beets Diced Pears Bread SF Vanilla Pudding Guest Speaker @ WD – Julie Pangrac, Project Read	19 – Wednesday Pork Loin w/gravy Roasted Sweet Potatoes Spinach w/ vinegar pk Kidney Bean Salad Pineapple Lorna Doones Guest Speaker @ OX – Julie Pangrac, Project Read	20 – Thursday Meatloaf w/ gravy Whipped Potatoes w/ gravy Seasoned Wax Beans Mixed Fruit Mandarin Oranges WW Bread Guest Speaker @ SC – Julie Pangrac, Project Read	LENT 21 – Friday Veggie Frittata w/cheese Potatoes O'Brien Sausage Apricots Pineapple Bread LENT	
24 – Monday Mexican Chicken and Rice Corn Broccoli Diced Pears Graham Crackers Salsa & Sour Cream	25 – Tuesday Sloppy Joe Potatoes O'Brien Wax beans Cole Slaw Bun Applesauce	26 – Wednesday Shepherd's Pie Lima Beans Black Eyed Peas Peaches Bread	27 – Thursday Ham & Beans Corn Bread Broccoli Tossed Salad w/ Reg Ranch Pineapple Bread	28 – Friday Baked Tilapia <u>OR</u> Grilled Chicken Breast over White Rice Butternut Squash Garlic Green Beans Mixed Fruit SF Chocolate Pudding LENT	
31 - Monday Salisbury Steak w/mushroom gravy Whipped Potatoes w/gravy Beets Pears SF Vanilla Pudding Bread	1 – Tuesday	2 – Wednesday	3 – Thursday	4 – Friday LENT	

**AQF desserts are diabetic-friendly treats for every palate. Our mixes are sugar free or no sugar added, trans fat free, low cholesterol, low sodium and a good source of fiber. SF – sugar free

All Meals served with 1% Milk/Tea/Water **The menu is subject to change** SIGN UP 2 DAYS IN ADVANCE - 217-428-3459 / SUGGESTED DONATION \$4.00 (Full Price \$7.50)



Congregate Senior Nutrition Program

April 2025 - Menu

31 – Monday	1 – Tuesday Chicken and Noodles Seasoned Cauliflower Spinach w/ vinegar pk Mandarins SF Chocolate	2 - Wednesday Meatloaf Whipped Potatoes w/gravy Butternut Squash Baked Apples	3 - Thursday Shredded Pork w/homemade BBQ Baked Beans Broccoli Cole Slaw	4 - Friday Tuna Noodle Casserole OR Beef Pot Roast w/gravy Whipped Potatoes w/gravy
	Pudding	Lorna Doones Bread	Pineapple Bun	California Blend Apricots Vanilla Wafer Bread LENT
7 - Monday Beef & Noodles Capri Vegetables Lima Beans Mandarin Oranges Bread CELEBRATE BDAYS	8 – Tuesday Sloppy Joe Roasted Sweet Potatoes Seasoned Peas and Carrots Bun Apricots	9 - Wednesday Lemon Thyme Chicken w/ Rice Pilaf Sliced Carrots Broccoli Tossed Salad w/Italian Applesauce Bread	10 - Thursday Chicken Pot Pie Seasoned Broccoli Cauliflower Diced Peaches Vanilla Pudding	11 - Friday Tilapia <u>OR</u> Honey Sriracha Pork Garlic Green Beans w/ White Rice Oriental Blend Vegetable Diced Pears
14 – Monday Goulash	SF Red Jell-O 15 – Tuesday Beef Stew	16 - Wednesday Shredded Chicken	17 - Thursday CLOSED	Angel Food Cake LENT 18 - Friday CLOSED
Green Beans Mandarin Oranges Pears	Seasoned Corn Whipped potatoes w/gravy	BBQ & Bun Peas Butternut Squash	HOLY	GOOD
Mandarin Oranges	Whipped potatoes	Peas		
Mandarin Oranges Pears	Whipped potatoes w/gravy Apricots SF Vanilla Pudding	Peas Butternut Squash Cole Slaw Baked Apples	HOLY THURSDAY	GOOD FRIDAY

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