

FRIENDS,
FOOD,
FELLOWSHIP

C.E.F.S / GOLDEN CIRCLE NUTRITION PROGRAM

APRIL 2016 MENU

CALL THE DAY BEFORE TO RESERVE MEAL

Suggested Donation
\$3.00 Congregate Meal
\$3.25 Delivered Meal

Mon	Tue	Wed	Thu	Fri	Effingham Tues Evening Meal
Golden Circle Nutrition 217-347-2851		* Meals on Wednesdays are served in Dietrich, Teutopolis, Christian County and Montgomery County ONLY! ↓		1 Cook's Choice April Fool's Day	
4 Chicken Penne Pasta Alfredo Broccoli Carrots Jello w/ pears Garlic Bread	5 Sloppy Joes on Bun Ranch Potatoes Calico Beans Pineapple	*6 Old Fashioned Beef Stew Cottage Cheese Cole Slaw Cinnamon Applesauce Corn Muffin	7 Baked Ham Hash Brown Casserole Lima Beans Fresh Orange Whole Grain Roll	8 Baked Potato Soup Crackers 1/2 Egg Salad Sandwich Whole Grain Bread Broccoli Cauliflower Salad Peaches	5 Fried Chicken Mashed Potatoes Mixed Vegetables Strawberries w/bananas Whole Grain Roll
11 Swiss Steak Au Gratin Potatoes Spinach Vanilla Pudding Whole Grain Bread	12 Ham & Buns Beets Cole Slaw Mandarin Oranges Corn Bread	*13 Turkey Sweet Potatoes Green Beans Peaches Whole Grain Roll	14 Glazed Pork Chop Twice Baked Potatoes Broccoli Applesauce	29 Chili Mac Broccoli Cherry Crisp Crackers	
18 Lasagna Roll Ups Tossed Salad w/tomatoes Corn Warm Fruit Crisp Garlic Bread Stick	19 Polish Sausage Sauerkraut Mashed Potatoes Pumpkin Mousse Whole Grain bread	*20 Italian Beef on Hoagie bun German Potato Salad California Blend Veggies Chilled Peaches	21 Pork Tenderloin Baked Beans Hash Browns Birthday Cake	22 Fish Sweet Potatoes Green Beans Fruit Cocktail Black Bean Brownie	
25 Chili Crackers 1/2 Peanut butter Sandwich Apricots	26 Fried Chicken Mashed Potatoes Mixed Vegetables Strawberries w/bananas Whole Grain Roll	*27 Beef Pepper Steak Over Rice Stewed Tomatoes Warm Peach Crisp	28 Pork Roast Roasted Potatoes Lima Beans Mandarin Oranges Oatmeal Raisin Cookie	29 Meat Loaf w/brown Gravy Whipped Potatoes Lima Beans Pudding	Final

Milk, Bread and Margarine are served with every meal!!! Substitutes will be made only in emergencies!!!