

FRIENDS,
FOOD,
FELLOWSHIP

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

December 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			1 Sloppy Joes on Bun Scalloped Potatoes Calico Baked Beans Strawberries	2 Pork Roast Glazed Sweet Potatoes Cooked Cabbage Cranberry Relish Whole Grain Bread	
5 Chili Crackers Cottage Cheese Asian Cole Slaw Chilled Pears Cornbread	6 Tuna Noodle Casse- role Peas & Carrots Tossed Salad w/tomatoes Warm Peach Crisp Whole Grain Bread	7 Chicken Ala King Steamed Broccoli Tomatoes & Zucchini Oranges w/bananas Biscuit	8 Roast Beef Mashed Potatoes Succotash Pineapple Whole Grain Roll	9 Oven Baked Chicken Whipped Potatoes Mixed Vegetables Mixed Fruit Roll	6 Ham Mashed Potatoes & Gravy Gourmet Carrots Creamy Cole Slaw Cherry Delight Roll Merry Christmas
12 Fish Sandwich on Bun Au Gratin Potatoes Baked Beans Apricots	13 Country Fried Steak Mashed Potatoes & Gravy Green Beans Strawberries w/bananas Whole Grain Bread	14 Pork Chop Baked Potato Seasoned Lima Beans Tropical Fruit	15 Pizza Bake Tossed Salad w/ Tomatoes Corn Birthday Cake	16 Biscuits & Sausage Gravy Sausage Pattie Hash Brown Casserole Orange Juice Banana	
19 Pork Cutlet Mashed Potatoes Broccoli & Cauliflower Apricots Whole Grain Bread	20 Cabbage Roll Casse- role Whipped Potatoes Black Eyed Peas Apple cake w/cream cheese frosting	21 Beef Stroganoff Over noodles Gourmet Carrots Green Beans Pineapple Chunks	22 Chicken & Wild Rice Soup 1/2 Turkey Sandwich Corn & Black Bean Salad Cold Tomatoes Mandarin Oranges	23 Ham Mashed Potatoes Gourmet Carrots Creamy Cole Slaw Roll Cherry Delight Merry Christmas	
26 Closed Christmas Holiday	27 Closed Christmas Holiday	28 Grilled Chicken Ten- derloin Cheesy Rice Steamed Broccoli Hot Stewed Tomatoes Fruit Cocktail	29 Italian Beef on Hoagie Bun Roasted Red Potatoes Green Beans Jello w/fruit	30 Turkey Mashed Potatoes Brussel Sprouts Pumpkin Mouse Whole Grain Roll	Final

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