

**FRIENDS,
FOOD,
FELLOWSHIP**

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

December 2015 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
	1 Santa Fe Soup Crackers 1/2 Cheese Salad Sandwich on Whole Grain Bread Creamy Cole Slaw Apricots	2 Ham & Beans Cole Slaw Beets Peaches Cornbread	3 Italian Beef on Hoagie Bun Roasted Red Potatoes Brussels Sprouts Pumpkin Mousse	3 Closed	3 Fried Chicken Roasted Potatoes Lima Beans Strawberries & Bananas Whole Grain Roll
7 Biscuits & Gravy Sausage Patties Shredded Has Browns Fresh Orange Apple Juice	8 Potato Soup Crackers 1/2 Tuna Salad Sandwich Slice of Cheese Broccoli Cauliflower Salad Fruit Cocktail	9 Fried Chicken Mashed Potatoes Lima Beans Strawberries & Bananas Whole Grain Roll	10 Lasagna Tossed Salad w/ tomatoes Strawberries & Bananas Cookie Garlic Bread Stick	11 Closed	8 Closed
14 Broccoli Cheese Soup Crackers 1/2 Ham Sandwich on Whole Grain Bread Green Pea Salad Blushing Pears	15 Chicken Pot Pie Creamy Cole Slaw Apricots Oatmeal Cookies Biscuits	16 Meatloaf Whipped Potatoes Butter Beans Mandarin Oranges	17 Pork Roast Glazed Sweet Potatoes Cooked Cabbage Birthday Cake Whole Grain Bread	18 Closed	15 Closed
21 Country Fried Steak Mashed Potatoes & Gravy Green Beans Peaches Whole Grain Bread	22 Pork Chop Baked Potato Baked Beans Tropical Fruit	23 Ham Twice Baked Potatoes Gourmet Carrots Creamy Cole Slaw Roll Cherry Delight	24 Closed Christmas Holiday	25 Closed Merry Christmas	22 Closed
28 Beef Stroganoff over Noodles Gourmet Carrots Green Beans Pineapple Chunks	29 Polish Sausage Sauerkraut Mashed Potatoes Strawberries & Bananas Whole Grain Bread	30 Fried Chicken Mashed Potatoes & Gravy Lima Beans Chilled Apricots	31 Closed New Year's Holiday		29 Closed Final

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