

Friends
Food
Fellowship



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February 2020 MENU

Suggested Donation: Congregate \$3.00 or Home Delivered \$3.25

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Chili Crackers ½ Peanut butter Sandwich Cole Slaw w/ramen Noodles Apricots	4 Fried Chicken Mashed Potatoes Mixed Vegetables Strawberries w/bananas Whole Grain Roll	5 Beef Pepper Steak Over Rice Stewed Tomatoes Warm Peach Crisp	6 Pork Roast Roasted Rosemary Potatoes Lima Beans Mandarin Oranges Oatmeal Raisin Cookie	7 Tuna Noodle Casserole Tossed Salad w/tomatoes Warm Spiced Apples Whole Grain Bread
10 Biscuits & Gravy Sausage Patty Hash Brown Casserole Banana Orange Juice	11 Salmon Patty Creamy Potatoes Carrots Pineapple Chunks Whole Grain Bread	12 Chicken Breast w/honey glaze Baked Potato Green Beans Jello w/Fruit Cocktail	13 Roast Beef Mashed Potatoes Butter Beans Tropical Fruit Peanut Butter Cookie	14 Spaghetti & Meatballs Tossed Salad w/tomatoes 3 Bean Salad Garlic Bread Strawberry Jell-O Cake
17 Closed Presidents Day	18 Meatloaf Baked Potato Succotash Blushing Pears Whole Grain Roll	19 Broccoli Cheese Soup Crackers ½ Turkey Sandwich on Whole Grain Bread Apple Cabbage Slaw Fruit Cocktail	20 Oven Baked Chicken Sweet Potatoes Peas Strawberries Birthday Cake	21 Fish on Bun Broccoli Rice Casserole Baked Beans Mandarin Oranges w/bananas
24 Chicken Penne Pasta Alfredo Broccoli Carrots Jell-O w/pears Garlic Bread	25 Sloppy Joes on Bun Ranch Potato Wedges Calico Beans Pineapple	26 Old Fashioned Beef Stew Cottage Cheese Cole Slaw Cinnamon Applesauce Corn Muffin	27 Baked Ham Hash Brown Casserole Lima Beans Fresh Orange Whole Grain Roll	28 Baked Potato Soup w/bacon Crackers ½ Egg Salad Sandwich on Whole Grain Bread Broccoli Cauliflower Salad Peaches
				FINAL

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

CALL THE DAY BEFORE TO RESERVE A MEAL

*****February 4 th Effingham Tuesday Evening Meal*****

Meatloaf, Baked Potato, Green Beans, Cookie