

**FRIENDS,  
FOOD,  
FELLOWSHIP**

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

**February 2016 MENU**

**CALL THE DAY BEFORE TO RESERVE MEAL**

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

<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	Effingham Tues Evening Meal
1 Chili Crackers 1/2 Peanut Butter Sandwich Cole Slaw Apricots	2 Fried Chicken Mashed Potatoes Mixed Vegetables Strawberries w/bananas Whole Grain Roll	3  Closed	4 Pork Roast Roasted Potatoes Lima Beans Mandarin Oranges Oatmeal Raisin Cookie	5 Baked Potato Soup Crackers 1/2 Egg Salad Sandwich on Whole Grain Bread Broccoli Cauliflower Salad Peaches alad	2 Fried Chicken Mashed Potatoes Mixed Vegetables Birthday Cake Whole Grain Roll
8 Biscuits & Gravy Sausage Patty Hash Brown Casserole Banana Orange Juice  "Breakfast for Lunch"	9 Spaghetti w/meat sauce Tossed Salad w/tomatoes 3 Bean Salad Strawberries Garlic Bread Stick	10  Closed  <b>Ash Wednesday</b>	11 Roast Beef Mashed Potatoes Butter Beans Apricots Peanut Butter Cookie	12 Salmon Patty Creamy Potatoes Carrots Pineapple Chunks Whole Grain Bread	
15  Closed President's Day	16 Meatloaf Baked Potato Succotash Blushing Pears Whole Grain Roll	17  Closed	18 Oven Baked Chicken Sweet Potatoes Peas Strawberries Birthday Cake	19 Fish on Bun Broccoli Rice Casserole Baked Beans Mandarin Oranges w/bananas	
22  Chefs Choice	23 Sloppy Joes on Bun Rach Potato Wedges Calico Beans Pineapple	22  Closed	25 Baked Ham Hash Brown Casserole Lima Beans Fresh Orange Whole Grain Roll	26 Tuna Noodle Casserole w/peas Tossed Salad w/tomatoes Warm Spiced Apples Whole Grain Bread	
29 Swiss Steak Au Gratin Potatoes Spinach Vanilla Pudding Whole Grain Bread					Final

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