

**FRIENDS,
FOOD,
FELLOWSHIP**

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

JULY 2016 MENU

CALL THE DAY BEFORE TO RESERVE MEAL

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

Effingham Tuesday Evening

Mon	Tue	Wed	Thu	Fri	
Golden Circle Nutrition 217-347-2851				1 Pork Chops Roasted Red Potatoes Butter Beans Peaches Whole Grain Roll	
4 4th of July Holiday Closed	5 Salisbury Steak Whipped Potatoes Peas Mandarin Oranges Oatmeal Cookie	6 BBQ Pulled Pork On Whole Grain Bun Au Gratin Potatoes 4 Bean Salad Blushing Pears	7 Fried Chicken Potato Salad Green Beans Hot Apple Crisp Biscuit	8 Sub Sandwich on Hoagie Bun Lettuce & Tomato Broccoli /Cauliflower Salad Cantaloupe	5 Meatloaf Scalloped Potatoes Butter Beans Melon Medley Whole Grain Bread
11 Sweet & Sour Chicken w/pineapple over rice Steamed Broccoli Jell-o w/Fruit Cocktail	12 Taco Salad w/tortilla chips Meat & Refried Beans Lettuce, Tomato, Onions, Shredded Cheese Apple	13 Egg, Sausage Omelet Hash Browns Hot Herbed Tomatoes Orange Juice Cinnamon Roll	14 Grilled Pork Ten- derloin on Whole Grain Bun Roasted Red Potatoes Lima Beans Watermelon	15 Chicken Strips Broccoli Rice & Cheese Carrots Strawberries w/Banana Whole Grain Bread	
18 Bratwurst Grilled Peppers & Onions Grilled Potatoes Baked Apples Hot Dog Bun	19 Tuna Salad Sandwich Tomato /Cucumber Medley Black Bean and Corn Salad Cookie	20 Meatloaf Scalloped Potatoes Butter Beans Melon Medley Whole Grain Bread	21 Pork Roast Baked Sweet Potatoes Brussels Sprouts Applesauce Birthday Cake Whole Grain Roll	22 Grilled Chicken Breast Baked Potato Broccoli w/cheese Chilled Peaches Peanut Butter Cookie	
25 BBQ Baked Chicken Parsley Potatoes Green Beans Whole Grain Bread Banana	26 Sloppy Joes on Bun Au Gratin Potatoes Calico Baked Beans Cantaloupe	27 Turkey & Dressing Mashed Potatoes Mixed Vegetables Strawberries Whole Grain Roll	28 Hamburger on Bun Lettue, Tomato, Onion, Pickles Potato Salad Kidney Bean Salad Watermelon	29 Chef Salad Turkey, Ham, Egg Lettuce, Tomato, Cucum- ber, Carrots, Shredded Cheese - Club Crackers Mandarin Orange Cake	FINAL

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