

**FRIENDS,
FOOD,
FELLOWSHIP**

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

JUNE 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 Tuesday Evening
Golden Circle Nutrition 217-347-2851	Grilled Pork Tenderloin on Whole Grain Bun Roasted Red Potatoes Lima Beans Watermelon	1 Salisbury Steak Whipped Potatoes Peas Mandarin Oranges Oatmeal Cookie	2 Sub Sandwich on Hoagie Bun Lettuce & Tomato Broccoli /Cauliflower Salad Cantaloupe	3 Fried Chicken Potato Salad Green Beans Hot Apple Crisp Biscuit	
6 Sweet & Sour Chicken w/pineapple over rice Steamed Broccoli Jello w/Fruit Cocktail	7 Egg, Sausage Omelet Hash Browns Hot Herbed Tomatoes Orange Juice Cinnamon Roll	8 Chicken Strips Broccoli Rice & Cheese Carrots Strawberries w/Banana Whole Grain Bread	9 Taco Salad w/tortilla chips Meat & Refried Beans Lettuce, Tomato, On- ions, Shredded Cheese Apple	10 Grilled Pork Tender- loin on Whole Grain Bun Roasted Red Potatoes Lima Beans Watermelon	7 Fried Chicken Mashed Potatoes Green Beans Peaches Cookie
13 Bratwurst Grilled Peppers & Onions Grilled Potatoes Blushing Pears Hot Dog Bun	14 Meatloaf Scalloped Potatoes Butter Beans Melon Medley Whole Grain Bread	15 Grilled Chicken Breast Baked Potato Broccoli w/cheese Chilled Peaches Peanut Butter Cookie	16 Tuna Salad Sand- wich Tomato/Cucumber Medley Black Bean & Corn Salad Watermelon Birthday Cake	17 Pork Roast Baked Sweet Potatoes Brussels Sprouts Apple Sauce Whole Grain Roll	
20 BBQ Baked Chicken Parsley Potatoes Green Beans Whole Grain Bread Banana	21 Hamburger on Bun Lettuce, Tomato, Onion, Pickles Potato Salad Kidney Bean Salad Watermelon	22 Chef Salad Turkey, Ham, Egg Lettuce, Tomato, Cucum- ber, Carrots, Shredded Cheese - Club Crackers Mandarin Orange Cake	23 Turkey & Dressing Mashed Potatoes Mixed Vegetables Strawberries Whole Grain Roll	24 Sloppy Joes on Bun Au Gratin Potatoes Calico Baked Beans Cantaloupe	
27 Ham Hash Brown Casserole Succotash 5 Cup Salad Whole Grain Roll	28 Chicken Salad w/croissant Tomato Medley 3 Bean Salad Strawberries & Bananas	29 Stuffed Green Peppers Glazed Carrots Green Beans Banana Pudding w/sliced Bananas	30 Pork Burger On Whole Grain Bun 4 Bean Salad Cold Stewed Tomatoes Melon Medley		Final
Milk, Bread and Margarine are served with every meal!!! Substitutes will be made only in emergencies!!!					