

Friends
Food
Fellowship



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January 2020 MENU

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Closed New Year's Day	2 Sloppy Joes on Bun Scalloped Potatoes Calico Baked Beans Strawberries	3 Pork Roast Glazed Sweet Potatoes Green Beans Chilled Pineapple Whole Grain Bread
6 Chili Crackers Cottage Cheese Asian Cole Slaw Chilled Pears Corn Bread	7 Chicken Ala King Steamed Broccoli Tomatoes & Zucchini Oranges w/bananas Biscuit	8 Roast Beef Mashed Potatoes Succotash Pineapple Whole Grain Roll	9 Oven Baked Chicken Whipped Potatoes Mixed Vegetables Mixed Fruit Roll	10 Tuna Noodle Casserole Peas & Carrots Tossed Salad w/tomatoes Warm Peach Crisp
13 Country Fried Steak Mashed Potatoes & Gravy Green Beans Tropical Fruit Whole Grain Bread	14 Pork Chop Baked Potato Seasoned Lima Beans Tropical Fruit	15 Spaghetti Tossed Salad w/tomatoes Corn Hot Cherry Crisp Garlic Bread	16 Santa Fe Soup Crackers ½ Cheese Salad Sandwich on Whole Grain Bread Creamy Cole Slaw Birthday Cake	17 Fish Sandwich on Bun Tartar Sauce Au Gratin Potatoes Baked Beans Strawberries w/bananas
20 Closed Martin Luther King Holiday	21 Cabbage Roll Casserole Whipped Potatoes Black Eyed Peas Chilled Peaches Whole Grain Roll	22 Fried Chicken Mashed Potatoes & Gravy Brussels Spouts Bread Pudding	23 Beef Stroganoff over Noodles Gourmet Carrots Green Beans Pineapple Chunks	24 Pork Cutlet Mashed Potatoes Broccoli & Cauliflower Applesauce Whole Grain Bread
27 Polish Sausage Mashed Potatoes Sauerkraut Orange Cottage Cheese Salad	28 Ham & Beans Cole Slaw Beets Vanilla Pudding Corn Bread	29 Italian Beef on Hoagie Bun Roasted Red Potatoes Green Beans Jello w/fruit	30 Turkey Mashed Potatoes California Blend Whole Grain Roll Mandarin Oranges	31 Grilled Chicken Tenderloin Cheesy Rice Steamed Broccoli Hot Stewed Tomatoes Fruit Cocktail

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

*****January 7th Effingham Tuesday Evening Meal*****

Fried Chicken, Mashed Potatoes, Green Beans, Cookie