

Friends
Food
Fellowship



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March 2020 MENU

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Swiss Steak Au Gratin Potatoes Spinach Vanilla Pudding Whole Grain Bread	3 Ham & Beans Beets Cole Slaw Mandarin Oranges Corn Bread	4 Turkey Sweet Potatoes Green Beans Peaches Whole Grain Roll	5 Vegetable Beef Soup Crackers 1/3 Cheese Salad Sandwich 3 Bean Salad Strawberries w/bananas	6 Lemon Pepper Tilapia Garlic Mashed Potatoes Asparagus Tropical Fruit Cotton Pickin Good Cake
9 Polish Sausage Sauerkraut Mashed Potatoes Pumpkin Mousse Whole Grain Bread	10 Lasagna Roll Ups Tossed Salad w/tomatoes Corn Warm Apple Crisp Garlic Bread Stick	11 Minestorne Crackers 1/3 Tuna Salad Sandwich on Whole Grain Bread Green Pepper Slaw Mandarin Oranges	12 Italian Beef on Hoagie Bun German Potato Salad California Blend Veggies Chilled Peaches	13 Oven Fried Catfish Sweet Potatoes Green Beans Fruit Cocktail Black Bean Brownie
15 Fried Chicken Mashed Potatoes Mixed Vegetables Strawberries w/bananas Whole Grain Roll	16 Chili Crackers ½ Peanut butter Sandwich Cole Slaw w/ramen Noodles Apricots	17 Corn Beef n Cabbage Parsley Red Potatoes Boiled Carrots Potato Bread Pistachio Pudding St Patrick's Day	18 Pork Roast Roasted Rosemary Potatoes Lima Beans Mandarin Oranges Oatmeal Raisin Cookie	19 Beef Pepper Steak Over Rice Stewed Tomatoes Warm Peach Crisp
23 Biscuits & Gravy Sausage Patty Hash Brown Casserole Banana Orange Juice	24 Salmon Patty Creamy Potatoes Carrots Pineapple Chunks Whole Grain Bread	25 Chicken Breast w/honey glaze Baked Potato Green Beans Jello w/Fruit Cocktail	26 Roast Beef Mashed Potatoes Butter Beans Tropical Fruit Peanut Butter Cookie	27 Spaghetti & Meatballs Tossed Salad w/tomatoes 3 Bean Salad Garlic Bread Strawberry Jell-O Cake
30 Meatloaf Baked Potato Succotash Blushing Pears Whole Grain Roll	31 Chicken & Dumplings Tossed Salad w/tomatoes California Blend Cherry Crisp	March 3rd Tuesday Evening Meal Effingham Fried Chicken, Mashed Potatoes White Gravy, Green Beans, Cookies		FINAL
<p>Milk, Bread and Margarine are served with every meal! Substitutes will only be made in emergencies! CALL THE DAY BEFORE TO RESERVE A MEAL Effingham 217/347-2851; Dieterich 217/925-5461; Altamont 618/483-6912; Beecher City 618/487-5401 Flora 618/662-6741 Vandalia 618/283-1040 Ramsey 618/237-0251 Pana 217/562-5611; Taylorville 217/287-7268; Kincaid 217/526-3621</p>				

