

Friends  
Food  
Fellowship



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## November 2019 MENU

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

|  |  |   |  |  |
|--|--|---|--|--|
|  |  |   |  | 1 Santa Fe Soup<br>Crackers<br>½ Cheese Salad<br>Sandwich on Whole Grain Bread<br>Creamy Cole Slaw<br>Apricots |
| 4 Beef Stroganoff<br>Gourmet Carrots<br>Green Beans<br>Pineapple Chunks                                | 5 Ham<br>Hash Brown<br>Casserole<br>Brussel Sprouts<br>Chilled Peaches<br>Whole Grain Roll                               | 6 Cabbage Roll<br>Casserole<br>Whipped Potatoes<br>Black Eyed Peas<br>Apple Cake w/cream<br>cheese frosting | 7 Pork Cutlet<br>Mashed Potatoes<br>Broccoli &<br>Cauliflower<br>Apricots<br>Whole Grain Bread   | 8 Chicken & Wild<br>Rice Soup<br>½ Turkey Sandwich<br>Cold Tomatoes<br>Mandarin Oranges                        |
| 11<br><br>Closed<br>Veterans Day   | 12 Oven Fried<br>Chicken<br>Roasted Potatoes<br>Lima Beans<br>Strawberries &<br>Bananas<br>Whole Grain Roll              | 13 Potato Soup<br>Crackers<br>½ Tuna Salad<br>Sandwich<br>Broccoli Cauliflower<br>Salad<br>Chilled Apricots | 14 Lasagna<br>Tossed Salad<br>w/tomatoes<br>Spiced Apples<br>Black Bean Brownies<br>Garlic Bread | 15 Chicken &<br>Noodles<br>Spinach<br>Glazed Carrots<br>Chilled Pineapple<br>Whole Grain Bread                 |
| 18 Broccoli Cheese<br>Soup<br>½ Ham Sandwich<br>Green Pea Salad<br>Blushing Pears<br>Whole Grain Bread | 19 Sloppy Joes on<br>Bun<br>Scalloped Potatoes<br>Calico Baked Beans<br>Oatmeal Cookie                                   | 20 Chicken Pot Pie<br>Creamy Cole Slaw<br>Pickled Beets<br>Biscuits<br>Strawberries                         | 21 Meatloaf<br>Whipped Potatoes<br>Butter Beans<br>Mandarin Oranges<br>Birthday Cake             | 22 Pork Roast<br>Glazed Sweet<br>Potatoes<br>Cooked Cabbage<br>Cranberry Relish<br>Whole Grain Bread           |
| 25 Roast Beef<br>Mashed Potatoes<br>Succotash<br>Pineapple<br>Whole Grain Roll                         | 26 Turkey &<br>Dressing<br>Sweet Potatoes<br>Green Bean<br>Casserole<br>Cranberry Salad Roll<br>Pumpkin Pie<br>w/topping | 27 Swiss Steak<br>Steamed Broccoli<br>Mixed Vegetables<br>Oranges w/bananas<br>Bread                        | 28<br><br>Thanksgiving Day<br>Closed   | 29<br><br>Thanksgiving Holiday<br>Closed   |

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

**\*\*\*November 5th Effingham Tuesday Evening Meal\*\*\***

**Turkey & Dressing, Sweet Potatoes, Green Bean Casserole, Cranberry  
Salad, Roll, Pumpkin pie w/topping**