

**FRIENDS,
FOOD,
FELLOWSHIP**

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

October 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 Tues Evening Meal
3 Ham & Beans Cole Slaw Beets Peaches Corn Bread	4 Italian Beef on Hoagie Bun Roasted Red Potatoes Broccoli Jello w/fruit	5 Turkey Mashed Potatoes Brussels Sprouts Whole Grain Roll Pumpkin Mousse	6 Grilled Chicken Tenderloin Cheesy Rice Steamed Broccoli Hot Stewed Tomatoes Fruit Cocktial	7 Santa Fe Soup Crackers 1/2 Cheese Salad Sandwich Whole Grain Bread Creamy Cole Slaw Apricots	4 Meatloaf Whipped Potatoes Butter Beans Mandarin Oranges Oatmeal Cookie
10 Closed Columbus Day	11 Fried Chicken Roasted Potatoes Lima Beans Strawberries & Bananas Whole Grain Roll	12 Potato Soup Crackers 1/2 Tuna Salad Sandwich Slice of Cheese Broccoli Cauliflower Salad Chilled Apricots	13 Lasagna Tossed Salad w/ tomatoes Spiced Apples Brownie Garlic Bread Stick	14 Chicken & Noodles Spinach Glazed carrots Chilled Pineapple Whole Grain Bread	
17 Broccoli Cheese Soup Crackers 1/2 Ham Sandwich on Whole Grain Bread Green Pea Salad Blushing Pears	18 Meatloaf Whipped Potatoes Corn Mandarin Oranges Oatmeal Cookie	19 Chicken Pot Pie Creamy Cole Slaw Apricots Biscuits	20 Pork Roast Glazed Sweet Potatoes Cooked Cabbage Whole Grain Bread Birthday Cake	21 Sloppy Joes on Bun Scalloped Potatoes Calico Baked Beans Strawberries	
24 Chili Crackers Cottage Cheese Asian Cole Slaw Chilled Pears Cornbread	25 Tuna Noodle Casse- role Peas & Carrots Tossed Salad w/tomatoes Warm Peach Crisp Whole Grain Bread	26 Chicken Ala King Steamed Broccoli Tomatoes & Zucchini Oranges w/bananas Biscuits	27 Roast Beef Mashed Potatoes Succotash Pineapple Whole Grain Roll	28 Oven Baked Chicken Whipped Potatoes Mixed Vegetables Mixed Fruit Roll	
31 Riblet on Bun Au Gratin Potatoes Baked Beans Apricots				Final	Golden Circle Nutrition 217-347-2851

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