

Friends  
Food  
Fellowship



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## October 2019 MENU

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

	1 Italian Beef on Hoagie Bun Roasted Red Potatoes Green Beans Jell-O w/fruit	2 Turkey Mashed Potatoes Brussels Sprouts Whole Grain Roll Pumpkin Mousse	3 Grilled Chicken Fried Rice Steamed Broccoli Hot Stewed Tomatoes Fruit Cocktail	4 Santa Fe Soup Crackers ½ Cheese Salad Sandwich on Whole Grain Bread Creamy Cole Slaw Apricots
7 Biscuits & Gravy Sausage Patties Hash Browns Fresh Orange Apple Juice	8 Oven Fried Chicken Roasted Potatoes Lima Beans Strawberries & Bananas Whole Grain Roll	9 Potato Soup Crackers ½ Tuna Salad Sandwich Broccoli Cauliflower Salad Chilled Apricots	10 Lasagna Tossed Salad w/tomatoes Spiced Apples Black Bean Brownies Garlic Bread	11 Chicken & Noodles Spinach Glazed Carrots Chilled Pineapple Whole Grain Bread
14  <b>Closed Columbus Day</b>	15 Sloppy Joes on Bun Scalloped Potatoes Calico Baked Beans Oatmeal Cookie	16 Chicken Pot Pie Creamy Cole Slaw Pickled Beets Biscuits Strawberries	17 Meatloaf Whipped Potatoes Butter Beans Mandarin Oranges Birthday Cake	18 Pork Roast Glazed Sweet Potatoes Cooked Cabbage Cranberry Relish Whole Grain Bread
21 Roast Beef Mashed Potatoes Succotash Pineapple Whole Grain Roll	22 Chili Crackers Cottage Cheese Asian Cole Slaw Chilled Pears Cornbread	23 Swiss Steak Steamed Broccoli Mixed Vegetables Oranges w/bananas Bread	24 Tuna Noodle Casserole Peas & Carrots Tossed Salad w/tomatoes Warm Peach Crisp Whole Grain Bread	25 Oven Baked Chicken Whipped Potatoes Tomatoes & Zucchini Mixed Fruit Biscuit
28 Fish on Bun Tartar Sauce Gourmet Carrots Green Beans Pineapple Chunks	29 Country Fried Steak Mashed Potatoes & Gravy Corn Apricots Whole Grain Bread	30 Pork Chop Baked Potato Seasoned Lima Beans Tropical Fruit	31 Pizza Bake Tossed Salad w/tomatoes Corn Hot Cherry Crisp Garlic Bread	<b>FINAL</b>

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

**CALL THE DAY BEFORE TO RESERVE A MEAL**

**\*\*\*October 1st Effingham Tuesday Evening Meal\*\*\***

**Meatloaf, Mashed Potatoes, Green Beans, Slaw, Peaches, and Roll**