

FRIENDS,
FOOD,
FELLOWSHIP

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

September 2016 MENU

CALL THE DAY BEFORE TO RESERVE MEAL

Suggested Donation
\$3.00 Congregate Meal
\$3.25 Delivered Meal

Effingham Tuesday Evening

Mon	Tue	Wed	Thu	Fri	
Golden Circle Nutrition 217-347-2851			1 Grilled Chicken Breast Baked Potato Broccoli w/cheese Chilled Peaches Peanut Butter Cookie	2 Pork Roast Baked Sweet Potatoes Brussel Sprouts Apple Sauce Whole Grain Roll	
5 Closed Labor Day	6 BBQ Chicken Parsley Potatoes Green Beans Whole Grain Bread Banana	7 Chef Salad Turkey, Ham, Egg, Lettuce Tomato, Cucumber, Carrots, Shredded Cheese Mandarin Orange Cake Club Crackers	8 Turkey & Dressing Mashed Potatoes Mixed Vegetables Strawberries Whole Grain Roll	9 Sloppy Joes on Bun Au Gratin Potatoes Calico Baked Beans Cantaloupe	6 Salisbury Steak Whipped Potatoes Peas Mandarin Oranges Birthday Cake
12 Beef Tips w/ mushroom gravy over Noodles Brussels Sprouts Corn Apricots	13 Ham Hash Brown Casserole Succotash 5 Cup Salad Whole Grain ROLL	14 Stuffed Green Peppers Glazed Carrots Green Beans Banana Pudding w/sliced Bananas	15 Pork Burger On Whole Grain Bun 4 Bean Salad Cold Stewed Tomatoes Birthday Cake	16 Chicken Salad On Wheat Bread Tomato Medley Picked Beets Waldorf Salad	
19 Pork Chop Roasted Red Potatoes Butter Beans Peaches Whole Grain Roll	20 Mostaccioli w/meat sauce Carrots & Peas Tossed Salad w/tomatoes Baked Apples Garlic Bread	21 Grilled Chicken Caesar Salad Mandarin Oranges Fresh Bananas Garlic Parmesan Bread Stick Graham Cracker	22 Hamburger on Bun Scalloped Potatoes Baked Beans Melon Medley Whole Grain Bread	23 Fish on Bun Cauliflower w/cheese Brown Rice Cantaloupe	
26 Salisbury Steak Whipped Potatoes Peas Mandarin Oranges Oatmeal Cookie	27 Sub Sandwich On Hoagie Bun Lettuce & Tomato Broccoli/Cauliflower Salad Cantaloupe	28 Fried Chicken Potato Salad Green Beans Hot Apple Crisp Biscuit	29 Swedish Meatballs Mashed Potatoes Succotash Apricots Whole Grain Roll	30 BBQ Pulled Pork On Whole Grain Bun Au Gratin Potatoes 4 Bean Salad Baked Apples	Final
Milk, Bread and Margarine are served with every meal!!! Substitutes will be made only in emergencies!!!					