

**FRIENDS,  
FOOD,  
FELLOWSHIP**

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

**February 2012 MENU**

**CALL THE DAY BEFORE TO RESERVE MEAL**

**Suggested Donation  
\$2.25 Congregate Meal  
\$2.50 Delivered Meal**

**Mon**

**Tue**

**Wed**

**Thu**

**Fri**

Effingham Tues Evening Meal



6 Salmon Patties  
Scalloped Potatoes  
Peas  
Cinnamon Applesauce  
Oatmeal Cookie  
Whole grain bread

7 Potato Soup  
Ham Sandwich  
Tossed Salad  
Oranges  
Crackers

1 Chili w/ Beans  
Coleslaw  
Peaches  
Crackers  
Cinnamon Roll

8 Pork Roast  
Mashed Potatoes  
Brussel Sprouts  
Apple Crisp  
Whole grain bread

2 Roast Beef  
Mashed Potatoes w/  
gravy  
Butter Beans  
Chilled Pineapple  
Orange Cranberry  
Muffin

9 Turkey  
Dressing  
Sweet Potatoes  
Lima Beans  
Mandarin oranges  
Whole Grain Roll

3 Fried Chicken  
Roasted Rosemary  
Potatoes  
Green Beans  
Mandarin Oranges  
Whole Grain Roll


10 BBQ Ribbette on Bun  
Macaroni & cheese  
Baked beans with  
peppers  
Apricots

Chicken Pot Pie  
Asparagus  
Coleslaw  
Fruit for Salad  
Whole Wheat Bread

Pot Roast  
Potatoes with parsley  
Carrots  
Cherry Fruit Crisp  
Whole Grain Bread

13 Baked Ham  
Sweet Potatoes  
Green Beans  
Pears  
Sugar Cookie  
Whole Grain Bread

14 Taco Salad w/ taco  
Sauce  
Chips  
Meat & Beans  
Lettuce, Tomato, &  
Onions  
Shredded Cheese

15 Creamy Baked Chicken  
Parsley Potatoes  
Mixed veggies  
Fruit for salad  
Biscuit  
Birthday Cake 

16 White Bean Chili  
Tuna Salad sandwich  
Fresh Tomatoes  
Peach Crisp  
Crackers

17 Beef Pepper Steak  
Rice  
Broccoli  
Pineapple  
Whole grain roll

Ham & Beans  
Tossed Salad w/ tomatoes  
Cooked Cabbage  
Mandarin Oranges & Ba-  
nanas  
Cornbread

20  
Closed for Presidents' Day



21 Sloppy Joes on  
whole grain bun  
Hashbrown casserole  
Seasoned broccoli  
Fruit cocktail

22 Spaghetti w/ meat  
Sauce  
Tossed Salad w/  
Tomatoes  
Lima Beans  
Banana  
Garlic Bread

23 Marinated Chicken  
Breast  
Rice Pilaf  
Asparagus  
Spinach  
Spiced Apples  
Whole Grain Bread

24 Beef Stew  
Layered Salad  
Plums  
Biscuit

Fried Chicken  
Baked Potato  
Succotash  
Pears  
Whole Grain Bread

27 Ham & Beans  
Cucumber/Onion Salad  
Copper Penny Salad  
Mandarin/oranges/bananas  
2 pieces of cornbread

28 Meatloaf  
Augratin Potatoes  
Gourmet Carrots  
Cherry Fruit Crisp  
Whole Wheat Bread

29 Polish Sausage  
Sauerkraut  
Mashed Potatoes  
Fruit Cocktail  
Cookie



**MILK, BREAD, & MARGARINE ARE SERVED AT EVERY MEAL. MENU SELECTIONS SUBJECT TO CHANGE BASED ON FOOD AVAILABILITY.**