

FRIENDS,
FOOD,
FELLOWSHIP

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

January 2012 Menu

CALL THE DAY BEFORE TO RESERVE MEAL

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

Mon




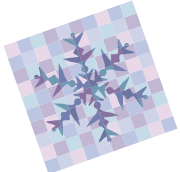

Tue

Wed

Thu

Fri

Effingham Tues Evening Meal

<p>3 Closed for New's Years </p>	<p>4 Sloppy Joes on Bun Scalloped Potatoes Baked Beans Pickles Cinnamon Applesauce</p>	<p>5 Chicken and Noodles Peas Carrots Pineapple Chunks Whole Grain Bread</p>	<p>6 Beef stew Lettuce Salad Cherry Crisp Biscuit</p>	<p>7 BBQ Ribbettes on Bun Succotash Rosemary Potatoes Strawberries & Bananas</p>	<p>Pork Roast Mashed Potatoes w/ Gravy Gourmet Carrots Apple Crisp Whole Grain Bread</p>
<p>10 Pepper Steak w/ oriental vegetables Rice Butter Beans Fruit for Salad Whole Wheat Bread</p>	<p>11 BBQ Chicken Baked Potato Mixed Vegetables Plums Cookie Whole Grain Bread</p>	<p>12 Meatloaf Augratin Potatoes Gourmet Carrots Apple Fruit Crisp Whole Wheat Bread</p>	<p>13 Lasagna 4 Bean Salad Lettuce Salad Bananas & Oranges Garlic Bread</p>	<p>14 Fried Chicken Mashed Potatoes w/ gravy California Blend Peaches Whole Grain Roll</p>	<p>Fried Chicken Baked Potato Corn Pears Whole Grain Roll</p>
<p>17 Closed for Martin Luther King Jr. Holiday </p>	<p>18 Pork Chop Scalloped Potatoes Spinach Oranges Oatmeal Raisin Cookie Whole Wheat Bread</p>	<p>19 Ham and Beans Coleslaw Tomatoes, Onions Birthday Cake Cornbread </p>	<p>20 Roast Turkey Dressing Green Beans Sweet Potatoes Fruit Cocktail in Jell-O Whole Grain Bread</p>	<p>21 Potato Soup Ham Sandwich Kidney Bean Salad Banana Crackers</p>	<p>Ham and Beans Coleslaw Tomatoes, Onions Peach Pie Cornbread</p>
<p>24 BBQ Pork on Bun Augratin Potatoes Baked Beans Pineapple Chunks</p>	<p>25 Country Fried Steak Mashed Potatoes w/ gravy Lima Beans Cherry Fruit Crisp Whole Grain Bread</p>	<p>26 Salmon Patties Macaroni & Cheese Broccoli Pumpkin Mousse Whole Grain Bread</p>	<p>27 Vegetable Soup Turkey Sandwich Crackers Apple Cabbage Slaw Peaches</p>	<p>28 Spaghetti w/ meat sauce Pea Salad Tossed Salad w/ dressing Mandarin Oranges Garlic Bread</p>	<p>BBQ Pork on Bun Augratin Potatoes Baked Beans Pineapple Peanut Butter Cookie</p>
<p>31 Marinated Chicken w/ Brown Rice Cooked Apples w/ carrots Stewed Tomatoes Tropical Fruit Biscuit</p>					

FINAL

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