






C.E.F.S./Golden Circle Nutrition Program
 Friends, Food, & Fellowship
 August 2009 Menu

**Tuesday Evening Meal
 Served at Effingham
 Senior Center, suggested
 donation \$3.00**

3 Pork Chop Hash Brown Casserole Cooked Cabbage Mandarin Oranges	4 Lasagna Casserole Layered Salad Cottage Cheese Peaches	5 Turkey & Noodles Buttered Carrots Peas Butterscotch Pudding	6 Hamburger on Bun Lettuce, Tomato, Onion Potato Salad Orange Fluff Salad	7 Sausage & Kraut Mashed Potatoes & Gravy Jell-o with Fruit	4 Honey Baked Ham Sweet Potatoes Green Beans Jell-o Cake
10 Ham Sweet Potatoes Green Beans Fruit Cocktail Roll	11 Fried Chicken Mashed Potatoes & Gravy Stewed Tomatoes Watermelon	12 Spaghetti w/ Meat Sauce & Garlic Bread Lettuce Salad California Blend Vegetables Hot Cherry Crisp	13 Shredded BBQ Chicken Sandwich on Bun Parsley Potatoes Spinach Banana	14 Sloppy Joe's on Bun Pickled Beets 4 Bean Salad Cantaloupe	11 Turkey & Noodles Peas Carrots Watermelon
17 Herb Baked Chicken Mashed Potatoes & Gravy Italian Blend Vegetables Peaches	18 Sausage Hash Browns Biscuit & Gravy Orange Juice Fresh Fruit Mix	19 Sirloin Steak Baked Potato Green Beans Birthday Cake	20 Beef Stroganoff Cauliflower Buttered Carrots Tapioca Pudding	21 Tuna Noodle Casserole Cauliflower Brussels Sprouts Golden Glow	18 Spaghetti w/ Garlic Bread Peas Lettuce Salad Fresh Fruit Mix
24 Johnny Rib on Bun Asparagus Baked Beans Pears	25 Chicken Salad on Bun Lettuce Salad Applesauce Cookie	26 Meatloaf  Mashed Potatoes & Gravy California Blend Vegetables Apricots	27 Fried Chicken Mashed Potatoes & Gravy Butter Beans Strawberries & Bananas	28 Pork Loin Corn on the Cob Broccoli Salad Hot Apples	25 Sirloin Steak Baked Potatoes California Blend Vegetables Cherry Cobbler
31 Country Fried Steak Mashed Potatoes & Gravy Gourmet Carrots Pineapple		Suggested Donation is \$2.25 for congregate and \$2.50 for home delivered.			Final

Milk & bread are served at every meal. Menu selections subject to change based on food availability.