




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

Tuesday Evening Meal
Served at Effingham
Senior Center 347-5569
Suggested Donation \$3.00

Suggested Donation \$2.25 Congregate Suggested Donation \$2.50 Home-Delivered	1 Fried Chicken Mashed Potatoes & Gravy Cauliflower Cantaloupe	2 Fish on Bun Scalloped Potatoes Peas Pudding	3 Cabbage Rolls Oven Brownd Potatoes Spinach Jell-o w/ Fruit	4 Chopped Steak w/ Mushroom Gravy Mashed Potatoes Asparagus Apricots	1 Roast Beef Mashed Potatoes & Gravy Lettuce Salad Fresh Fruit Mix
7 Closed Labor Day	8 Chicken & Brown Rice Casserole Succotash Stewed Tomatoes Fruit Cocktail	9 Beef & Noodles Carrots Green Beans Pears	10 Shredded BBQ Chicken on Bun Pickled Beets Broccoli Salad Applesauce	11 Meatloaf Mashed Potatoes & Gravy Black-Eyed Peas Fruit Crisp	8 Pork Chop Hash Brown Casserole Green Beans Mandarin Oranges
14 Baked Chicken Breast Mashed Potatoes & Gravy Harvard Beets Peaches	15 Hamburger on Bun Lettuce, Tomato, Onion Potato Salad Watermelon	16 Fried Chicken Mashed Potatoes & Gravy Green Beans Birthday Cake	17 Macaroni & Ham Casserole Cauliflower Carrots Mandarin Oranges	18 Pork Chop Scalloped Potatoes Cooked Cabbage Pudding	15 Fried Chicken Baked Potato w/ Butter Steamed Broccoli Cookie
21 Country Fried Steak Mashed Potatoes & Gravy California Blend Vegetables Tropical Fruit Mix	22 Smoked Sausage & Kraut Mashed Potatoes & Gravy Peachy Bread Pudding FALL BEGINS	23 Chicken Salad on Bun Lettuce Salad Applesauce Cookie	24 Sweet & Sour Meatballs Corn Casserole Seasoned Lima Beans Plums	25 Pulled BBQ Pork on Bun Baked Beans Potato Casserole Pineapple	22 Spaghetti & Garlic Bread Layered Salad Peas Peaches
28 Goulash w/ Garlic Bread Lettuce Salad w/ Tomatoes Green Beans Hot Apples	29 Turkey Sweet Potatoes Green Beans Strawberries & Bananas	30 Roast Beef Mashed Potatoes & Gravy Carrots Jell-o w/ Fruit		September 13 th is Grandparent's Day!!!	29 Pulled BBQ Pork on Bun Baked Beans Potato Casserole Fruit Crisp Final

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