

Friends
Food
Fellowship



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APRIL 2022 MENU

Suggested Donation: Congregate \$3.00 or Home Delivered \$3.25

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Sloppy Joes on Bun Potato Wedges Calico Beans Pineapple
4 Swiss Steak Au Gratin Potatoes Spinach Vanilla Pudding Whole Grain Bread	5 Ham & Beans Beet Cole Slaw Mandarin Oranges Corn Bread	6 Turkey Sweet Potatoes Green Beans Peaches Whole Grain Roll	7 Ball Park Frank Baked Potato Baked Beans Strawberries w/bananas	8 Lemon Pepper Tilapia Garlic Mashed Potatoes Honey Creamed Carrot Tropical Fruit
11 Polish Sausage Sauerkraut Mashed Potatoes Pumpkin Mousse Whole Grain Bread	12 Lasagna Tossed Salad w/tomatoes Broccoli Warm Apple Crisp Garlic Bread Stick	13 BBQ Riblet Au Grain Potatoes Gourmet Carrots Applesauce Whole Grain Bun	14 Baked Ham Has Brown Casserole Green Bean Casserole Layered Salad Roll Carrot Cake w/frosting	15 Closed Good Friday
18 Fried Chicken Mashed Potatoes Mixed Vegetables Strawberries Whole Grain Roll	19 Beef Pepper Steak Over Rice Stewed Tomatoes Warm Peach Crisp	20 Pork Roast Roasted Rosemary Potatoes Asparagus Oatmeal Raisin Cookie	21 Baked Turkey Crunch Peas Tossed Salad w/tomatoes Warm Spiced Apples Whole Grain Bread	22 Chili Crackers ½ Peanut Butter Sandwich Cole Slaw w/Ramen Noodles Apricots
25 Biscuits & Gray Sausage Patty Hash Brown Casserole Banana Orange Juice	26 Spaghetti w/meat sauce Tossed Salad w/tomatoes 3 Bean Salad Strawberries Garlic Bread Stick	27 Ham & Au Gratin Potato Casserole Carrots Peas Jello w/fruit Cocktail Whole Grain Roll	28 Roast Beef Mashed Potatoes Green Beans Apricots Peanut Butter Cookie	29 Fish On Bun Broccoli Rice Casserole Baked Beans Orange FINAL

Milk, Bread & Margarine are served with all meals where not listed. Substitutes will only be made in emergencies!

CALL THE DAY BEFORE TO RESERVE A MEAL

Effingham 217/347-2851; Dieterich 217/925-5461; Altamont 618/483-6912; Beecher City 618/487-5401

Flora 618/662-6741

Vandalia 618/283-1040 Ramsey 618/237-0251

Pana 217/562-5611 Taylorville 217/287-7268 Kincaid 217/237-4328