



October 2025 MENU

Friends Food Fellowship

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2% Milk, Bread, and Margarine are served with every meal. Substitutes will only be made in emergencies.		1 Grilled Chicken Tenderloin Cheesy Rice w/broccoli Hot Stewed Tomatoes Fruit Cocktail Whole Grain Bread	2 Ham & Beans Cole Slaw Beets Peaches Corn Bread	3 Turkey Mashed Potatoes Brussels Sprouts Whole Grain Roll Pumpkin Mousse
	FINAL			
6 Biscuits & Gravy Sausage Patties Hash Rounds Fresh Orange Apple Juice	7 Fried Chicken Mashed Potatoes Green Beans Strawberries & Bananas Whole Grain Roll	8 Loaded Baked Potato Soup w/bacon & Cheese Slice Crackers Broccoli Cauliflower Salad Chilled Apricots Oatmeal Cookie	9 Lasagna Tossed Salad w/tomatoes Salad Dressing Spiced Apples Black Bean Brownie Garlic Bread Stick	10 Chicken & Noodles Peas Glazed Carrots Chilled Pineapple Whole Grain Bread
13 CLOSED In Observance of Columbus Day	14 Meatloaf Whipped Potatoes Brussels Sprouts Mandarin Oranges Peanut Butter Cookie	15 Chicken Pot Pie w/crust Creamy Cole Slaw Apricots Angel Food Cake	16 Sloppy Joes on Bun Scalloped Potatoes Calico Baked Beans Strawberries	17 Pork Roast Glazed Sweet Potatoes Cooked Cabbage Waldorf Salad Whole Grain Bread
20 Oven Baked Chicken Whipped Potatoes Mixed Vegetables Pineapple Roll	21 Chili Crackers Cottage Cheese Asian Cole Slaw Chilled Pears Corn Bread	22 Italian Chicken Breast Steamed Broccoli Corn Oranges W/Bananas Whole Grain Bread	23 Roast Beef Mashed Potatoes Green Beans Mixed Fruit Whole Grain Roll	24 Mac n Cheese w/ham Broccoli Tossed Salad w/tomatoes Salad Dressing Warm Peach Crisp
27 Fish Sandwich on Bun Au Gratin Potatoes Baked Beans Apricots	28 Country Fried Steak Mashed Potatoes & Gravy California Blend Strawberries w/bananas	29 Pork Chop Baked Potato Green Beans Tropical Fruit Whole Grain Bread	30 Spaghetti w/meat sauce Tossed Salad w/tomatoes Salad Dressing Corn Hot Cherry Crisp	31 Cook's Choice

CALL THE DAY BEFORE TO RESERVE A MEAL
Suggested Donation \$4.75/Meal

Effingham 217-347-2851 Dieterich 217-994-0461 Altamont 217-994-6561
Beecher City 217-994-0661 Flora 217-994-3191 Vandalia 618-283-1040
Ramsey 217-994-6189 Pana 217-562-5611 Taylorville 217-287-7268
Kincaid 217-237-4328 Teutopolis 217-994-3334