

Friends
Food
Fellowship



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May 2024 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Milk, Bread, and Margarine are served with every meal. Substitutes will only be made in emergencies.</p> <p>FINAL</p>		<p>1 Roast Beef Mashed Potatoes Green Beans Apricots Peanut Butter Cookie</p>	<p>2 Biscuits & Gravy Sausage Patty Hash Brown Casserole Banana Orange Juice</p>	<p>3 Turkey Burger Potato Wedges Broccoli Pineapple Chunks Whole Grain Bread</p>
<p>6 Fish on Bun Broccoli Rice Casserole Baked Beans Orange</p>	<p>7 Chicken & Noodles Tossed Salad w/tomatoes California Blend Cherry Crisp</p>	<p>8 Meatloaf Baked Potato Succotash Blushing Pears Whole Grain Roll</p>	<p>9 Broccoli Cheese Soup Crackers ½ Turkey Sandwich on Whole Grain Bread Slaw Fruit Cocktail</p>	<p>10 Chicken Salad w/fruit on Croissant Broccoli Cauliflower Salad Strawberries Angel Food Cake</p>
<p>13 Swiss Steak Au Gratin Potatoes Spinach Vanilla Pudding Whole Grain Bread</p>	<p>14 Turkey Sweet Potatoes Green Beans Peaches Whole Grain Roll</p>	<p>15 Smothered Grilled Chicken Breast Broccoli Carrots Jell-O w/pears Garlic Bread</p>	<p>16 Ball Park Frank w/bun Baked Potato Baked Beans Strawberries w/bananas</p>	<p>17 Lemon Pepper Tilapia Garlic Mashed Potatoes Honey Glazed Carrots Tropical Fruit Cotton Pickin' Good Cake</p>
<p>20 Polish Sausage Sauerkraut Mashed Potatoes Pumpkin Mousse Whole Grain Bread</p>	<p>21 Lasagna Tossed Salad w/tomatoes Broccoli Warm Apple Crisp Garlic Bread Stick</p>	<p>22 BBQ Riblet Au Gratin Potatoes Mixed Vegetables Applesauce Whole Grain Bun</p>	<p>23 Italian Beef on Hoagie Bun Parsley Potatoes California Blend Veggies Chilled Peaches</p>	<p>24 Herbed Baked Chicken Baby Baker Potatoes Green Beans Apricots Black Bean Brownie</p>
<p>27</p> <p>CLOSED FOR MEMORIAL DAY</p>	<p>28 Pork Roast Roasted Rosemary Potatoes Asparagus Mandarin Oranges Oatmeal Raisin Cookie</p>	<p>29 Fried Chicken Mashed Potatoes w/gravy Gourmet Carrots Angel Food Cake with strawberries Whole Grain Roll</p>	<p>30 Beef Pepper Steak Over Rice Stewed Tomatoes Warm Peach Crisp</p>	<p>31 Baked Turkey Crunch Peas Tossed Salad w/tomatoes Warm Spiced Apples Whole Grain Bread</p>

CALL THE DAY BEFORE TO RESERVE A MEAL

Suggested Donation \$4.25/Meal

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

Flora 217-994-3191

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

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