

Friends  
Food  
Fellowship



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## April 2024 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Swiss Steak Au Gratin Potatoes Spinach Vanilla Pudding Whole Grain Bread	2 Ham & Beans Beets Cole Slaw Mandarin Oranges Corn Bread	3 Turkey Sweet Potatoes Green Beans Peaches Whole Grain Roll	4 Ball Park Frank w/bun Baked Potato Baked Beans Strawberries w/bananas	5 Lemon Pepper Tilapia Garlic Mashed Potatoes Peas Tropical Fruit Cotton Pickin' Good Cake
8 <b>Site Close</b> <b>Solar Eclipse</b> Cold meal will be provided per request on 4/5 for this date. Call site by 4/1 to request meal for this date.	9 Smothered Grilled Chicken Breast Broccoli Carrots Jell-O w/pears Garlic Bread	10 Sloppy Joes on Bun Potato Wedges Calico Beans Pineapple	11 Old Fashioned Beef Stew Cottage Cheese Cole Slaw Cinnamon Applesauce Corn Muffin	12 Baked Ham Hash Brown Casserole Peas Banana Whole Grain Roll
15 Polish Sausage Sauerkraut Mashed Potatoes Pumpkin Mousse Whole Grain Bread	16 Lasagna Tossed Salad w/tomatoes Broccoli Warm Apple Crisp Garlic Bread Stick	17 BBQ Riblet Au Grain Potatoes Gourmet Carrots Applesauce Whole Grain Bun	18 Italian Beef on Hoagie Bun Parsley Potatoes California Blend Veggies Chilled Peaches	19 Herbed Baked Chicken Baby Baker Potatoes Green Beans Apricots Black Bean Brownie
22 Chili Crackers ½ Peanut Butter Sandwich Asian Slaw Apricots	23 Fried Chicken Mashed Potatoes Mixed Vegetables Strawberries w/bananas Whole Grain Roll	24 Beef Pepper Steak Over Rice Stewed Tomatoes Warm Peach Crisp	25 Pork Roast Roasted Rosemary Potatoes Asparagus Mandarin Oranges Oatmeal Raisin Cookie	26 Baked Turkey Crunch Peas Tossed Salad w/tomatoes Warm Spiced Apples Whole Grain Bread
29 Ham & Au gratin Potato Casserole Carrots Peas Jell-O w/ Fruit Cocktail Whole Grain Roll	30 Spaghetti w/ Meat Sauce Tossed Salad w/tomatoes 3 Bean Salad Strawberries Garlic Bread Stick		<b>FINAL</b>	<b>Milk, Bread, and Margarine are served with every meal. Substitutes will only be made in emergencies.</b>

**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**

