

Friends
Food
Fellowship



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December 2022 MENU

Suggested Donation \$4.00/Meal

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Pork Roast Glazed Sweet Potatoes Cooked Spinach Waldorf Salad Whole Grain Bread	2 Broccoli Cheese Soup ½ Ham Sandwich on Whole Grain Bread Green Pea Salad Blushing Pears
5 Chili Cottage Cheese Asian Cole Slaw Chilled Pears Cornbread Crackers	6 Mac N Cheese w/ham broccoli Tossed Salad w/tomatoes Warm Peach Crisp Whole Grain Bread	7 Italian Chicken Breast Normandy Vegetables Corn Oranges w/bananas Roll	8 Roast Beef Mashed Potatoes Lima Beans Pineapple Whole Grain Roll	9 Oven Baked Chicken Whipped Potatoes Mixed Vegetables Mixed Fruit Roll
12 Country Fried Steak Mashed Potatoes Gravy Green Beans Apricots Whole Grain Bread	13 Pork Chop Baked Potato California Blend Tropical Fruit Garlic Biscuit	14 Spaghetti w/meat sauce Tossed Salad w/tomatoes Corn Hot Cherry Crisp Garlic Bread Stick	15 Turkey Sweet Potatoes Peas Banana Whole Grain Roll	16 Fish on Bun Au Gratin Potatoes Baked Beans Strawberries
19 Pork Cutlet Mashed Potatoes Broccoli & Cauliflower Apricots Whole Grain Bread	20 Seasoned Beef Pattie Whipped Potatoes Black Eyed Peas Apple Cake w/cream cheese icing Pineapple	21 Beef Stroganoff over Noodles Gourmet Carrots Green Beans Cinnamon Applesauce Whole Grain Bread	22 Baked Ham Mashed Potatoes n Gravy Gourmet Carrots Creamy Cole Slaw Cherry Delight Roll Christmas Lunch	23 Closed Christmas Holiday
26 Closed Christmas Holiday	27 Grilled Chicken Tenderloin Cheesy Rice Steamed Broccoli Hot Stewed Tomatoes Fruit Cocktail	28 BBQ Pulled Pork Roasted Red Potatoes Green Beans Jello w/fruit Bun	29 Ham & Beans Cole Slaw Beets Peaches Cornbread	30 Closed New Year Holiday FINAL

Milk, Bread and Margarine are served with every meal! 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