

Friends
Food
Fellowship



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July 2024 MENU

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|--|---|
| 1 Oven Baked Chicken Parsley Potatoes Peas Whole Grain Bread Pineapple | 2 Chef Salad Turkey, Ham, Egg Lettuce, Tomato, Cucumber ,Carrots, Shredded Cheese Salad Dressing Mandarin Orange Cake Club Crackers Banana | 3 Hamburger on Bun Romaine Lettuce, Tomato, Onion, Pickles Potato salad 3 Bean Salad Watermelon | 4  | 5 Turkey & Dressing Mashed Potatoes Mixed Vegetables Strawberries Whole Grain Roll |
| 8 Ham Hash Brown Casserole Succotash 5 Cup Salad Whole Grain Roll | 9 Turkey Burger on Bun Glazed Carrots Green Beans Fruit Cocktail | 10 Beef N Noodles Brussels Sprouts Corn Apricots | 11 Chicken Salad on Wheat Bread Asian Cole Slaw Waldorf Salad Potato Salad | 12 Pork Roast Baked Sweet Potatoes Brussels Sprouts Apple Sauce Whole Grain Roll |
| 15 Sweet & Sour Chicken w/Pineapple over Rice Steamed Broccoli Jell-O w/Fruit Cocktail | 16 Taco Salad w/tortilla chips Meat & Refried Beans Lettuce, Tomato, Onions Shredded Cheese Salsa Apple | 17 Grilled Pork Tenderloin on Whole Grain Bun Roasted Red Potatoes Green Beans Cantaloupe | 18 Egg, Sausage Breakfast Casserole Hash Browns Hot Herbed Tomatoes Orange Juice Cinnamon Roll | 19 Grilled Chicken Breast Broccoli Rice & Cheese Carrots Strawberries Whole Grain Bread |
| 22 Bratwurst on Bun Sauerkraut Grilled Potatoes Blushing Pears | 23 Meatloaf Scalloped Potatoes Butter Beans Melon Medley Whole Grain Bread | 24 Pork Roast Baked Sweet Potatoes Brussels Sprouts Apple Sauce Whole Grain Roll | 25 Tuna Salad Sandwich On Wheat Bread Potato Salad Lettuce Leaf w/tomato Watermelon | 26 BBQ Baked Chicken Baked Potato Broccoli w/cheese Chilled Peaches Peanut Butter Cookie |
| 29 Ball Park Frank on Bun Macaroni & Cheese California Blend Cole Slaw Banana | 30 Spaghetti w/meat sauce Carrots & Peas Tossed Salad w/tomatoes Salad Dressing Baked Apples Garlic Bread | 31 Fish on Bun Cauliflower w/cheese Baked Beans Cantaloupe | | Milk, Bread, and Margarine are served with every meal. Substitutes will only be made in emergencies. FINAL |

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