



Friends  
Food  
Fellowship



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## February 2025 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Beef Pepper Steak Over Rice Stewed Tomatoes Warm Peach Crisp	4 Chili Crackers ½ Peanut Butter Sandwich Cole Slaw w/Ramen Noodles Apricots	5 	6 Baked Turkey Crunch Peas Tossed Salad w/tomatoes Warm Spiced Apples Whole Grain Bread	7 Fried Chicken Mashed Potatoes Mixed Vegetables Strawberries w/bananas Whole Grain Roll
10 Baked Ham Hash Brown Casserole Peas Banana Whole Grain Roll	11 Sloppy Joes on Bun Potato Wedges Calico Beans Pineapple	12 Beef Stew Cottage Cheese Cole Slaw Cinnamon Applesauce Corn Muffin	13 Smothered Grilled Chicken Breast Broccoli Carrots Fruit Cocktail Garlic Bread	14 Spaghetti & Meatballs Green Beans Corn Blushing Pears Bread Stick Strawberry Jell-O Cake
17 	18 Swiss Steak Au Gratin Potatoes Spinach Vanilla Pudding Whole Grain Bread	19 Turkey Sweet Potatoes Green Beans Peaches Whole Grain Roll	20 Ball Park Frank w/bun Baked Potato Baked Beans Strawberries w/bananas	21 Lemon Pepper Tilapia Garlic Mashed Potatoes Honey Glazed Carrots Tropical Fruit Cotton Pickin' Good Cake
24 Roast Beef Mashed Potatoes Green Beans Apricots Peanut Butter Cookie	25 Lasagna Tossed Salad w/tomatoes Broccoli Warm Apple Crisp Garlic Bread Stick	26 Polish Sausage Sauerkraut Mashed Potatoes Pumpkin Mousse Whole Grain Bread	27 BBQ Riblet Au Grain Potatoes Gourmet Carrots Applesauce Whole Grain Bun	28 Herbed Baked Chicken Baby Baker Potatoes Green Beans Peaches Black Bean Brownie
			FINAL	<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