


Friends
Food
Fellowship



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September 2024 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	3 Turkey Burger on Bun Glazed Carrots Green Beans Fruit Cocktail	4 Beef N Noodles Brussels Sprouts Corn Apricots	5 Ham Hash Brown Casserole Succotash 5 Cup Salad Whole Grain Roll	6 Pork Burger on Whole Grain Bun Cole Slaw Pickled Beets Melon Medley
9 Grilled Pork Tenderloin on Whole Grain Bun Roasted Red Potatoes Green Beans Apple	10 Sweet & Sour Chicken w/Pineapple over Rice Steamed Broccoli Jell-O w/Fruit Cocktail	11 Taco Salad w/tortilla chips Meat & Refried Beans Lettuce, Tomato, Onions Shredded Cheese Salsa Watermelon	12 Grilled Chicken Breast Broccoli Rice & Cheese Carrots Strawberries Whole Grain Bread	13 Egg, Sausage Breakfast Casserole Hash Browns Hot Herbed Tomatoes Cantaloupe Cinnamon Roll
16 Pork Chops Roasted Red Potatoes Green Beans Peaches Whole Grain Roll	17 Spaghetti w/meat sauce Carrots & Peas Tossed Salad w/tomatoes Salad Dressing Baked Apples Garlic Bread	18 Fish on Bun Cauliflower w/cheese Baked Beans Cantaloupe	19 Ball Park Frank on Bun Macaroni & Cheese California Blend Cole Slaw Banana	20 Grilled Chicken Salad w/Romaine Lettuce, Tomatoes and Cheese Mandarin Oranges Bread Stick Graham Cracker
23 Oven Baked Chicken Parsley Potatoes Peas Whole Grain Bread Strawberries	24 Hamburger on Bun Romaine Lettuce, Tomato, Onion, Pickles Potato salad 3 Bean Salad Pineapple	25 Turkey & Dressing Mashed Potatoes Mixed Vegetables Watermelon Whole Grain Roll	26 Sloppy Joes on Bun Au Gratin Potatoes Calico Baked Beans Cantaloupe	27 Chef Salad Turkey, Ham, Egg Lettuce, Tomato, Cucumber Carrots, Shredded Cheese Salad Dressing Mandarin Orange Cake Club Crackers Pineapple
30 Fried Chicken Potato Salad Carrots Hot Apple Crisp Biscuit				Milk, Bread, and Margarine are served with every meal. Substitutes will only be made in emergencies.

FINAL

CALL THE DAY BEFORE NOON 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