

**FRIENDS,
FOOD,
FELLOWSHIP**

C.E.F.S / GOLDEN CIRCLE NUTRITION PROGRAM

August 2016 MENU

CALL THE DAY BEFORE TO RESERVE MEAL

**Suggested Donation
\$3.00 Congregate Meal
\$3.25 Delivered Meal**

Effingham Tuesday Evening

Mon	Tue	Wed	Thu	Fri	
1 Beef Tips w/ mushroom gravy Over noodles Brussels Sprouts Corn Apricots	2 Ham Hash Brown Casserole Succotash 5 Cup Salad Whole Grain Roll	3 Stuffed Green Peppers Glazed Carrots Green Beans Banana Pudding w/sliced bananas	4 Pork Burger On whole grain bun 4 Bean Salad Cold Stewed Tomatoes Melon Medley	5 Chicken Salad on Wheat Bread Tomato Medley Pickled Beets Waldorf Salad	2 Fried Chicken Baked Potato Green Beans Peanut Butter Cookie Bread
8 Mostaccioli w/meat sauce Carrots & Peas Tossed Salad w/tomatoes Baked Apples Garlic Bread	9 Pork Chop Roasted Red Potatoes Butter Beans Peaches Whole Grain Roll	10 Grilled Chicken Caesar Salad Mandarin Oranges Fresh Bananas Garlic Parmesan Bread Stick Graham Cracker	11 Salisbury Steak Whipped Potatoes Peas Mandarin Oranges Oatmeal Cookie	12 Fish on Bun Cauliflower w/cheese Seasoned Lima Beans Cantaloupe	
15 Swedish Meatballs Mashed Potatoes Succotash Apricots Whole Grain Roll	16 Sub Sandwich on Hoagie Bun Lettuce & Tomato Broccoli /Cauliflower Salad Cantaloupe	17 Chefs Choice	18 Fried Chicken Potato Salad Green Beans Birthday Cake Biscuit	19 BBQ Pulled Pork On Whole Grain Bun Au Gratin Potatoes Baked Beans Blushing Pears	
22 Sweet & Sour Chicken w/pineapple over rice Steamed Broccoli Jello w/Fruit Cocktail	23 Egg, Sausage Omelet Hash Browns Hot Herbed Tomatoes Orange Juice Cinnamon Roll	24 Grilled Pork Tender- loin on Whole Grain Bun Roasted Red Potatoes Lima Beans Watermelon	25 Taco Salad w/ tortilla chips Meat & Refried Beans Lettuce, Tomato, On- ions, Shredded Cheese Apple	26 Chicken Strips Broccoli Rice & Cheese Carrots Strawberries w/Banana Whole Grain Bread	
29 Bratwurst Grilled Peppers & Onions Grilled Potatoes Baked Apples Hot Dog Bun	30 Tuna Salad Sandwich Tomato /Cucumber Medley Black Bean and Corn Salad Cookie	31 Meatloaf Scalloped Potatoes Butter Beans Melon Medley Whole Grain Bread			Golden Circle Nutrition 217-347-2851 Final

Milk, Bread and Margarine are served with every meal!!! Substitutes will be made only in emergencies!!!