

**FRIENDS,
FOOD,
FELLOWSHIP**

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

MAY 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 | |
|--|---|---|--|---|---|
| 2 Biscuits & Gravy Sausage Patty Hash Brown Casserole Banana Orange Juice | 3 Spaghetti w/ meat sauce 3 Bean Salad Strawberries Garlic Bread Stick | *4 Cooks Choice  | 5 Roast Beef Mashed Potatoes Butter Beans Apricots Peanut Butter Cookie | 6 Chicken Breast Creamy Potatoes Carrots Pineapple Chunks Whole Grain Bread | 3 Pork Loin w/sauce Twice Baked Potato Casserole Layered Lettuce Salad Baked Beans Bread Pudding w/Carmel Sauce Roll |
| 9 Chicken & Dumplings Tossed Salad w/tomatoes California Blend Cherry Crisp | 10 Meat Loaf Baked Potato Succotash Blushing Pears Whole Grain Roll | **11 Broccoli Cheese Soup Crackers 1/2 Turkey Sandwich on Whole Grain Bread Apple Cabbage Slaw Fruit Cocktail  | 12 Oven Baked Chicken Sweet Potatoes Peas Strawberries | 13 Fish on Bun Broccoli Rice Casserole Baked Beans Mandarin Oranges w/bananas | Older Americans Day |
| 16 Chicken Penne Pasta Alfredo Broccoli Carrots Jello w/ pears Garlic Bread | 17 Pork Loin w/sauce Twice Baked Potato Casserole Layered Lettuce Salad Baked Beans Bread Pudding w/Carmel Sauce Roll Older Americans Day | **18 Old Fashioned Beef Stew Cottage Cheese Cole Slaw Cinnamon Applesauce Corn Muffin  | 19 Baked Ham Hash Brown Casserole Lima Beans Birthday Cake Whole Grain Roll | 20 Baked Potato Soup Crackers 1/2 Egg Salad Sandwich Whole Grain Bread Broccoli Cauliflower Salad Peaches | |
| 23 Swiss Steak Au Gratin Potatoes Spinach Vanilla Pudding Whole Grain Bread | 24 Ham & Beans Beets Cole Slaw Mandarin Oranges Corn Bread | **25 Turkey Sweet Potatoes Green Beans Peaches Whole Grain Roll  | 26 Glazed Pork Chop Twice Baked Potatoes Cauliflower w/cheese sauce Applesauce | 27 Chili Mac Broccoli Cherry Crisp Crackers | |
| 30 Closed Memorial Day | 31 Polish Sausage Sauerkraut Mashed Potatoes Pumpkin Mousse Whole Grain Bread | | *Meal on Wednesday the 4th is served in Dieterich, Teutopolis and Altamont only!!!  | **Meals on Wednesday in Dieterich, Teutopolis, Altamont, & <u>Effingham</u> resume on May 11th!!!  | FINAL 217-347-2851 Golden Circle Nutrition |

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