

**FRIENDS,
FOOD,
FELLOWSHIP**

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

March 2016 MENU

CALL THE DAY BEFORE TO RESERVE MEAL

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

Mon	Tue	Wed	Thu	Fri	Effingham Tues Evening Meal
Golden Circle Nutrition 217-347-2851	1 Ham & Beans Beets Cole Slaw Mandarin Oranges Corn Bread	2	3 Vegetable Beef Soup Crackers 1/2 Peanut Butter Sandwich 3 Bean Salad Strawberries&Bananas	4 Lemon Pepper Tila- pia Garlic Mashed Potatoes Asparagus Tropical Fruit Cotton Pick in Good Cake	1 Ham Hash Brown Casserole Green Bean Casserole Layered Salad Roll Carrot Cake
7 Salisbury Steak Mashed Potatoes w/ brown gravy Green Beans Mandarin Orange Cake	8 Pulled BBQ Pork Cole Slaw Sweet Corn Bake Mandarin Oranges Bun	9	10 Italian Beef on Hoagie Bun German Potato Salad California Blend Veggie Chilled Peaches	11 Fish Sweet Potatoes Green Beans Fruit Cocktail Black Bean Brownie	
14 Chili Crackers 1/2 Peanut Butter Sand- wich Cole Slaw Apricots	15 Fried Chicken Mashed Potatoes Mixed Vegetables Strawberries w/bananas Whole Grain Roll	16	17 Corned Beef N Cabbage Parsley Red Potatoes Boiled Carrots Potato Bread Green Birthday Cake LUCK OF THE IRISH!!	18 Salmon Patty Creamy Potatoes Carrots Pineapple Chunks Whole Grain Bread	
21 Biscuits & Gravy Sausage Patty Hash Brown Casserole Banana Orange Juice	22 Spaghetti w/meat sauce Tossed Salad w/tomatoes 3 Bean Salad Strawberries Garlic Bread Stick	23	24 Ham Twice Baked Potatoes Green Bean Casserole Layered Salad Roll—Carrot Cake Happy Easter!!!	25 Closed Good Friday	
28 Broccoli Cheese Soup 1/2 Turkey Sandwich on Whole Grain Bread Apple Cabbage Slaw Fruit Cocktail	29 Meatloaf Baked Potato Succotash Blushing Pears Whole Grain Roll	30	31 Fried Chicken Sweet Potatoes Peas Strawberries		Final

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