

**FRIENDS,  
FOOD,  
FELLOWSHIP**

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

**November 2016 MENU**

**CALL THE DAY BEFORE TO RESERVE MEAL**

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

<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	Effingham Tues Evening Meal
	1 Country Fried Steak Mashed Potatoes & Gravy Green Beans Apricots Whole Grain Bread	2 Pork Chop Baked Potato Seasoned Lima Beans Tropical Fruit	3 Spaghetti w/meat Sauce Tossed Salad w/ tomatoes Corn Garlic Stick Hot Cherry Crisp	4 Fish Sandwich on Bun Au Gratin Potatoes Baked Beans Strawberries w/bananas Tartar Sauce	1 Turkey Mashed Potatoes Gravy Green Bean Casserole Whole Grain Roll Pumpkin Mousse w/ topping
7 Pork Cutlet Mashed Potatoes Broccoli & Cauliflower Apricots Whole Grain Bread	8 Ham Has Brown Casserole Brussel Sprouts Chilled Peaches Whole Grain Roll	9 Cabbage Roll Casserole Whipped Potatoes Black Eyed Peas Apple Cake w/cream cheese frosting	10 Beef Stroganoff over noodles Gourmet Carrots Green Beans Pineapple Chunks	11  Closed	
14 Ham & beans Onions Cole Slaw Beets Peaches Cornbread	15 Italian Beef on Hoagie Bun Roasted Red Potatoes Green Beans Jello w/fruit	16 Potato Soup w/Bacon & Cheese Crackers 1/2 Tuna Salad Sandwich Slice of Cheese Broccoli Cauliflower Salad Chilled Plums	17 Fried Chicken Whipped Potatoes Mixed Vegetables Birthday Cake Roll	18 Santa Fe Soup Crackers 1/2 Cheese Salad Sandwich Whole Grain Bread Creamy Cole Slaw Tropical Fruit	
21 Chicken & noodles Spinach Glazed Carrots Chilled Pineapple Whole Grain Bread	22 Lasagna Tossed Salad w/tomatoes Spiced Apples Black Bean Brownie Garlic Bread Stick	23 Turkey Mashed Potatoes & Gravy Green Bean Casserole Whole Grain Roll Pumpkin Mousse w/ topping	24  Closed	25  Closed	
28 Chicken Pot Pie Creamy Cole Slaw Apricots Biscuits	29 Meatloaf Whipped Potatoes Corn Mandarin Oranges Oatmeal Cookie	30 Broccoli Cheese Soup Crackers 1/2 Ham Sandwich on Whole Grain Bread Green Pea Salad Blushing Pears			Final

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