

Friends
Food
Fellowship



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January 2025 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Milk, Bread, and Margarine are served with every meal. Substitutes will only be made in emergencies.	FINAL	1 	2 Mississippi Pork Roast Glazed Sweet Potatoes Cooked Cabbage Waldorf Salad Hogie Bun	3 Beef Stroganoff over Noodles Gourmet Carrots Green Beans Orange Whole Grain Roll
6 Roast Beef Mashed Potatoes Green Beans Mixed Fruit Whole Grain Roll	7 Mac n Cheese w/ham Broccoli Tossed Salad w/tomatoes Salad Dressing Warm Peach Crisp Whole Grain Bread	8 Chili Crackers Cottage Cheese Asian Cole Slaw Chilled Pears Corn Bread	9 Italian Chicken Breast Steamed Broccoli Corn Oranges W/Bananas Roll	10 Oven Baked Chicken Baby Baker Potatoes Mixed Vegetables Pineapple Roll
13 Ball Park Frank on Bun Roasted Red Potatoes Green Beans Jell-O w/Fruit	14 Taco Soup w/shredded Cheese Cornchips Tossed Salad Salad Dressing Whole Grain Bread Apricots	15 Grilled Chicken Tenderloin Cheesy Rice w/broccoli Hot Stewed Tomatoes Fruit Cocktail Whole Grain Bread	16 Ham & Beans Cole Slaw Beets Peaches Corn Bread	17 Turkey Mashed Potatoes Brussels Sprouts Whole Grain Roll Pumpkin Mousse
20 	21 Chicken & Noodles Peas Glazed Carrots Chilled Pineapple Whole Grain Bread	22 Lasagna Tossed Salad w/tomatoes Salad Dressing Spiced Apples Black Bean Brownie Garlic Bread Stick	23 Fried Chicken Mashed Potatoes Green Beans Strawberries & Bananas Whole Grain Roll	24 Biscuits & Gravy Sausage Patties Hash Rounds Fresh Orange Apple Juice
27 Meatloaf Whipped Potatoes Brussels Sprouts Mandarin Oranges Peanut Butter Cookie	28 Broccoli Cheese Soup Crackers ½ Turkey Sandwich on Whole Grain Bread Green Pea Salad Blushing Pears	29 Chicken Pot Pie w/biscuit Creamy Cole Slaw Strawberries Angel Food Cake	30 Sloppy Joes on Bun Scalloped Potatoes Calico Baked Beans Apricots	31 Pork Roast Glazed Sweet Potatoes Cooked Cabbage Waldorf Salad Whole Grain Bread

CALL THE DAY BEFORE 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