

Friends
Food
Fellowship



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October 2024 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FINAL	1 Ham & Beans Cole Slaw Beets Peaches Corn Bread	2 Jumbo Ball Park Frank on Bun Roasted Red Potatoes Green Beans Jell-O w/Fruit	3 Turkey Mashed Potatoes Brussels Sprouts Whole Grain Roll Pumpkin Mousse	4 Grilled Chicken Tenderloin Cheesy Rice w/broccoli Hot Stewed Tomatoes Fruit Cocktail Whole Grain Bread
7 Biscuits & Gravy Sausage Patties Hash Rounds Fresh Orange Apple Juice	8 Loaded Baked Potato Soup w/bacon & Cheese Slice Crackers Broccoli Cauliflower Salad Chilled Apricots Oatmeal Cookie	9 Chicken Pot Pie w/crust Creamy Cole Slaw Strawberries Angel Food Cake	10 Lasagna Green Beans Spiced Apples Black Bean Brownie Garlic Bread Stick	11 Chicken & Noodles Peas Glazed Carrots Chilled Pineapple Whole Grain Bread
14 	15 Meatloaf Whipped Potatoes Brussels Sprouts Mandarin Oranges Peanut Butter Cookie	16 Broccoli Cheese Soup Crackers ½ Turkey Sandwich on Whole Grain Bread Green Pea Salad Blushing Pears	17 Fried Chicken Parsley Potatoes Green Beans Strawberries & Bananas Whole Grain Roll	18 Mississippi Pork Roast Glazed Sweet Potatoes Cooked Cabbage Waldorf Salad Hogie Bun
21 Italian Chicken Breast Steamed Broccoli Corn Chilled Pears Roll	22 Chili Crackers Cottage Cheese Asian Cole Slaw Oranges and Bananas Corn Bread	23 Mac n Cheese w/ham Broccoli Tossed Salad w/tomatoes Salad Dressing Warm Peach Crisp Whole Grain Bread	24 Roast Beef Mashed Potatoes Green Beans Mixed Fruit Whole Grain Roll	25 Oven Baked Chicken Whipped Potatoes Mixed Vegetables Pineapple Roll
28 Fish Sandwich on Bun Au Gratin Potatoes Baked Beans Apricots	29 Country Fried Steak Mashed Potatoes & Gravy California Blend Strawberries w/bananas Whole Grain Bread	30 Pork Chop Baked Potato Green Beans Tropical Fruit	31 Spaghetti w/meat sauce Tossed Salad w/tomatoes Salad Dressing Corn Hot Cherry Crisp	Milk, Bread, and Margarine are served with every meal. Substitutes will only be made in emergencies.

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