

Friends  
Food  
Fellowship



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## November 2024 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Milk, Bread, and Margarine are served with every meal. Substitutes will only be made in emergencies.	<b>FINAL</b>			1 Ham Hash Brown Casserole Brussels Sprouts Chilled Peaches Whole Grain Roll
4 Salisbury Steak w/gravy Whipped Potatoes Black Eyed Peas Apple Cake w/Cream Cheese Icing	5 BBQ Chicken Breast Rice Pilaf Peas & Carrots Stewed Tomatoes Cinnamon Applesauce	6 Pork Cutlet Baked Potato Broccoli & Cauliflower Apricots Biscuit	7 Beef Stroganoff over Noodles Gourmet Carrots Green Bean Orange Whole Grain Roll	8 Jumbo Ball Park Frank on Bun Roasted Red Potatoes Green Beans Jell-O w/Fruit
11 	12 Ham & Beans Cole Slaw Beets Peaches Corn Bread	13 Fried Chicken Mashed Potatoes Green Beans Strawberries & Bananas Whole Grain Roll	14 Turkey Parsley Potatoes Brussels Sprouts Whole Grain Roll Pumpkin Mousse	15 Taco Soup w/shredded Cheese Cornchips Tossed Salad Salad Dressing Whole Grain Bread Apricots
18 Roast Beef Mashed Potatoes Green Beans Mixed Fruit Whole Grain Roll	19 Italian Chicken Breast California Blend Vegetables Corn Oranges W/Bananas Roll	20 Mac n Cheese w/ham Broccoli Tossed Salad w/tomatoes Salad Dressing Warm Peach Crisp Whole Grain Bread	21 Oven Baked Chicken Whipped Potatoes Mixed Vegetables Pineapple Roll	22 Chili Crackers Cottage Cheese Asian Cole Slaw Chilled Pears Corn Bread
25 Meatloaf Whipped Potatoes Brussels Sprouts Mandarin Oranges Peanut Butter Cookie	26 Broccoli Cheese Soup Crackers ½ Turkey Sandwich on Whole Grain Bread Green Pea Salad Blushing Pears	27 Turkey & Dressing Sweet Potatoes Green Bean Casserole Cranberry Salad Roll Pumpkin Pie w/topping	28 	29 

**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