



NCAA Golden Meals

April 2019

Serving Time 11:00am-12:45pm

Diane Randecker, Director 815-232-8896

MENU SUBJECT TO CHANGE WITHOUT NOTICE

4/1	4/2	4/3	4/4	4/5
Sloppy Joes Potato Wedges Applesauce Whole Wheat Bun	Tuna & Noodles Peas Fresh Fruit	Salisbury Steak Mashed Potatoes Lima Beans Fresh Fruit	Baked Chicken Mashed Potatoes/ Gravy Mixed Vegetables Fresh Fruit	Tuna Salad Potato Salad Applesauce Whole Wheat Bun Buffet @ Freeport Golden Meals Dining Room Only
4/8	4/9	4/10	4/11	4/12
Beef & Noodles Green Beans Fresh Fruit	Scalloped Potatoes & Ham Carrots Fresh Fruit BLOOD PRESSURE SCREENING	Spaghetti Mixed Vegetables Fresh Fruit	Baked Cod In Lemon Butter Parslied Potatoes Spinach Fresh Fruit	Chili Applesauce Corn Bread Buffet @ Freeport Golden Meals Dining Room Only
4/15	4/16	4/17	4/18	4/19
Swedish Meatballs Parslied Potatoes Green Beans Fresh Fruit	Easy Chicken Casserole Cheesy Potatoes Green Beans Fresh Fruit	Pepper Steak Mashed Potatoes Corn Fresh Fruit	Ham Loaf Sweet Potatoes Peas Fresh Fruit	SITES CLOSED 
4/22	4/23	4/24	4/25	4/26
Italian Sausage/Green Peppers Red Potato Wedges Green Beans Fresh Fruit	Pork Loin Cheesy Potatoes Broccoli Fresh Fruit	Roast Beef Mashed Potatoes Corn Fresh Fruit	Glazed Baked Ham Mashed Potatoes Peas Fresh Fruit	Chicken Salad Pea Salad Peaches Whole Wheat Bun Buffet @ Freeport Golden Meals Dining Room Only
4/29	4/30			FHN WILL BE HOLDING A BLOOD PRESSURE, FOOT SCREENING AND GLUCOSE SCREENING ON 04/14 FROM 10 AM TO 12:30 PM
Sloppy Joes Potato Wedges Applesauce Whole Wheat Bun	Tuna & Noodle Casserole Peas Fresh Fruit GROCERY BINGO			

Bread, Margarine & Milk Offered With Every Meal