

NCAA Golden Meals  
**DECEMBER 2018** Serving Time 11:00am-12:45pm

Diane Randecker, Director 815-232-8896

**MENU SUBJECT TO CHANGE WITHOUT NOTICE**

12/3	12/4	12/5	12/6	12/7
Brats Mashed Potatoes Sour Kraut Fresh Fruit Whole Wheat Bun	Pork Chop Cheesy Potatoes Broccoli Fresh Fruit	Roast Beef Mashed Potatoes/ Gravy Corn Fresh Fruit	Glazed Baked Ham Mashed Potatoes Carrots Fresh Fruit	Beef Stew (Veggies in Stew) Applesauce Biscuit <b>Buffet @ Freeport Golden Meals Dining Room Only</b>
12/10	12/11	12/12	12/13	12/14
Sloppy Joes Potato Wedges Fresh Fruit Whole Wheat Bun	Turkey Mashed Potatoes/ Gravy Green Beans Fresh Fruit  <b>Blood Pressure Screening</b>	Salisbury Steak Mashed Potatoes/ Gravy Lima Beans Fresh Fruit	BBQ Chicken Cheesy Potatoes Peas Fresh Fruit	Hot Dogs Potato Salad Fresh Fruit Whole Wheat Bun  <b>Buffet @ Freeport Golden Meals Dining Room Only</b>
12/17	12/18	12/19	12/20	12/21
Beef & Noodles Green Beans Fresh Fruit	Scalloped Ham & Potatoes Carrots Fresh Fruit	Spaghetti Mixed Vegetables Fresh Fruit	Baked Cod In Lemon Butter Parslied Potatoes Spinach Fresh Fruit	Chili Applesauce Corn Bread  <b>Buffet @ Freeport Golden Meals Dining Room Only</b>
12/24	12/25	12/26	12/27	12/28
<b>SITES CLOSED</b> 	<b>SITES CLOSED</b> 	Pepper Steak Mashed Potatoes Broccoli Fresh Fruit	Ham Loaf Mashed Potatoes Carrots Fresh Fruit	Ham Salad Cottage Cheese Fresh Fruit Whole Wheat Bun <b>Buffet @ Freeport Golden Meals Dining Room Only</b>
12/31				<b>FHN WILL BE HAVING GLUCOSE, FOOT &amp; BLOOD PRESSURE SCREENINGS ON 12/14 FROM 9:30-12:30</b>
<b>Site Closed</b> <b>Happy New Year!</b>				

Bread, Margarine & Milk Offered With Every Meal