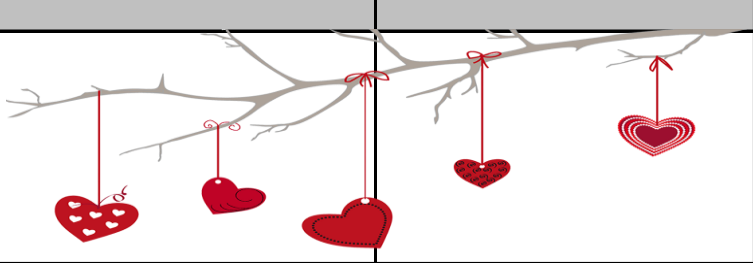





NCAA Golden Meals
February 2019

Serving Time 11:00am-12:45pm

Diane Randecker, Director 815-232-8896

MENU SUBJECT TO CHANGE WITHOUT NOTICE

				2/1 Hot Dogs Potato Salad Baked Beans Whole Wheat Bun Buffet @ Freeport Golden Meals Dining Room Only
2/4	2/5	2/6	2/7	2/8
Sloppy Joes Potato Wedges Whole Wheat Bun Fresh Fruit	Tuna & Noodle Cassarole Peas Fresh Fruit	Salisbury Steak Mashed Potatoes/ Gravy Lima Beans Fresh Fruit	Baked Chicken Quarters Mashed Potatoes/ Gravy Mixed Vegetables Fresh Fruit	Beef Stew (Veggies in Stew) Applesauce Biscuit Buffet @ Freeport Golden Meals Dining Room Only
2/11	2/12	2/13	2/14	2/15
Beef & Noodles Green Beans Fresh Fruit	Scalloped Ham & Potatoes 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
2/18	2/19	2/20	2/21	2/22
 Sites Closed	Chicken Pot Pie Green Beans Fresh Fruit	Pepper Steak Mashed Potatoes Scalloped Corn Fresh Fruit	Ham Loaf Sweet Potatoes Peas Fresh Fruit	Ham Salad Cottage Cheese Fresh Fruit Whole Wheat Bun Buffet @ Freeport Golden Meals Dining Room Only
2/25	2/26	2/27	2/28	
Italian Sausage (With Green Peppers) Green Bean Cassarole Fresh Fruit	Pork Chop Cheesy Potatoes Broccoli Fresh Fruit Grocery Bingo	Roast Beef Mashed Potatoes/ Gravy Corn Fresh Fruit	Glazed Baked Ham Mashed Potatoes Carrots Fresh Fruit	FHN WILL BE HAVING GLUCOSE, FOOT & BLOOD PRESSURE SCRENNINGS On 02-08 FROM 10-12:30

Bread, Margarine & Milk Offered With Every Meal