



NCAA Golden Meals
January 2019

Serving Time 11:00am-12:45pm

Diane Randecker, Director 815-232-8896

MENU SUBJECT TO CHANGE WITHOUT NOTICE

	1/1	1/2	1/3	1/0
	<p>Sites Closed</p> 	<p>Sloppy Joes Potato Wedges Whole Wheat Bun Fresh Fruit</p>	<p>Glazed Baked Ham Mashed Potatoes Carrots Fresh Fruit</p>	<p>Beef Stew (Veggies in Stew) Applesauce Biscuit Buffet @ Freeport Golden Meals Dining Room Only</p>
1/7	1/8	1/9	1/10	1/11
<p>Tuna Noodle Casserole Peas Fresh Fruit</p>	<p>Turkey Mashed Potatoes/ Gravy Green Beans Fresh Fruit Blood Pressure Screening</p>	<p>Salisbury Steak Mashed Potatoes/ Gravy Lima Beans Fresh Fruit</p>	<p>BBQ Chicken Cheesy Potatoes Mixed Vegetables Fresh Fruit</p>	<p>Hot Dogs Potato Salad Fresh Fruit Whole Wheat Bun Buffet @ Freeport Golden Meals Dining Room Only</p>
1/14	1/15	1/16	1/17	1/18
<p>Beef & Noodles Green Beans Fresh Fruit</p>	<p>Scalloped Ham & Potatoes Carrots Fresh Fruit</p>	<p>Spaghetti Mixed Vegetables Fresh Fruit</p>	<p>Baked Cod In Lemon Butter Parslied Potatoes Spinach Fresh Fruit</p>	<p>Chili Applesauce Corn Bread Buffet @ Freeport Golden Meals Dining Room Only</p>
1/21	1/22	1/23	1/24	1/25
<p>Sites Closed</p> 	<p>Creamy Chicken Casserole Cheesy Potatoes Green Beans Fresh Fruit</p>	<p>Pepper Steak Mashed Potatoes Broccoli Fresh Fruit</p>	<p>Ham Loaf Mashed Potatoes Carrots Fresh Fruit</p>	<p>Ham Salad Cottage Cheese Fresh Fruit Whole Wheat Bun Buffet @ Freeport Golden Meals Dining Room Only</p>
1/28	1/29	1/30	1/31	
<p>Brats/Sauerkraut Mashed Potatoes Fresh Fruit</p>	<p>Pork Chop Cheesy Potatoes Broccoli Fresh Fruit</p>	<p>Roast Beef Mashed Potatoes/ Gravy Corn Fresh Fruit</p>	<p>Glazed Baked Ham Mashed Potatoes Carrots Fresh Fruit</p>	<p>FHN WILL BE HAVING GLUCOSE, FOOT & BLOOD PRESSURE SCREENINGS ON 01/11 FROM 10 to 12:30</p>

Bread, Margarine & Milk Offered With Every Meal