

NCAA Golden Meals
March 2019

Serving Time 11:00am-12:45pm

Diane Randecker, Director 815-232-8896

MENU SUBJECT TO CHANGE WITHOUT NOTICE

<p>FHN WILL BE HAVING GLUCOSE, FOOT & BLOOD PRESSURE SCRENNINGS MARCH 8TH FROM 10:30AM TO 12:00PM</p>						<p>Hot Dogs Potato Salad Baked Beans Whole Wheat Bun Buffet @ Freeport Golden Meals Dining Room Only</p>		3/1	
3/4		3/5		3/6		3/7		3/8	
<p>Sloppy Joes Potato Wedges Whole Wheat Bun Fresh Fruit</p>		<p>Tuna & Noodle Casserole Peas Fresh Fruit</p>		<p>Salisbury Steak Mashed Potatoes/ Gravy Lima Beans Fresh Fruit</p>		<p>Baked Chicken Quarters Mashed Potatoes/ Gravy Mixed Vegetables Fresh Fruit</p>		<p>Beef Stew (Veggies in Stew) Applesauce Biscuit Buffet @ Freeport Golden Meals Dining Room Only</p>	
3/11		3/12		3/13		3/14		3/15	
<p>Beef & Noodles Green Beans Fresh Fruit</p>		<p>Scalloped Ham & Potatoes Carrots Fresh Fruit Blood Pressure Screening</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>	
3/18		3/19		3/20		3/21		3/22	
<p>Swedish Meatballs Mashed Potatoes Green Beans Fresh Fruit</p>		<p>Easy Chicken Casserole Cheesy Potatoes Green Beans Fresh Fruit</p>		<p>Pepper Steak Mashed Potatoes Scalloped Corn Fresh Fruit</p>		<p>Ham Loaf Sweet Potatoes Peas Fresh Fruit</p>		<p>Ham Salad Cottage Cheese Fresh Fruit Whole Wheat Bun Buffet @ Freeport Golden Meals Dining Room Only</p>	
3/25		3/26		3/27		3/28		3/29	
<p>Italian Sausage (With Green Peppers) Green Bean Casserole Fresh Fruit</p>		<p>Pork Chop Cheesy Potatoes Broccoli Fresh Fruit Grocery Bingo</p>		<p>Roast Beef Mashed Potatoes/ Gravy Corn Fresh Fruit</p>		<p>Glazed Baked Ham Mashed Potatoes Carrots Fresh Fruit</p>		<p>Chicken Salad Pea Salad Peaches Whole Wheat Bun Buffet @ Freeport Golden Meals Dining Room Only</p>	

Bread, Margarine & Milk Offered With Every Meal