




NCAA Golden Meals

Mar-20

Serving Time 11:00am-12:45pm

Diane Randecker, Director 815-232-8896

MENU SUBJECT TO CHANGE WITHOUT NOTICE

3/2	3/3	3/4	3/5	3/6
Swedish Meatballs Parslied Potatoes Peas Fresh Fruit	Scalloped Potatoes & Ham Carrots Applesauce	Ham Loaf Sweet Potatoes Green Beans Fresh Fruit	Roast Pork Loin Potato Casserole Mixed Vegetables Fresh Fruit	Chicken Salad Pea Salad Peaches Whole Wheat Bun Buffet @ Freeport Golden Meals Dining Room Only
3/9	3/10	3/11	3/12	3/13
Beef Stew Pears Biscuit	Spaghetti Italian Vegetables Peaches Blood Pressure Screening	Salisbury Steak Mashed Potatoes Green Beans Fresh Fruit	Beef Stroganoff Stewed Tomatoes Peaches	Chili Applesauce Cornbread Buffet @ Freeport Golden Meals Dining Room Only
3/16	3/17	3/18	3/19	3/20
Hot Dogs Oven Potatoes Baked Beans Whole Wheat Bun Fresh Fruit	Corned Beef & Cabbage Parslied Potatoes Carrots Fresh Fruit 	Macaroni & Cheese Casserole Green Beans Peaches	Maple Glazed Ham Parslied Potatoes Spinach Fresh Fruit	Tuna Salad Potato Salad Peaches Whole Wheat Bun Buffet @ Freeport Golden Meals Dining Room Only
3/23	3/24	3/25	3/26	3/27
Italian Sausage/ Green Peppers Potato Wedges Carrots Fresh Fruit Whole Wheat Bun	Lemon Pepper Chicken Cheesy Potatoes Mixed Vegetables Fresh Fruit	Pepper Steak Mashed Potatoes Green Beans Fresh Fruit	Cabbage Rolls Glazed Carrots Applesauce	Ham Salad Cole Slaw Applesauce Whole Wheat Bun Buffet @ Freeport Golden Meals Dining Room Only
3/30	3/31			
Swedish Meatballs Parslied Potatoes Mixed Vegetables Fresh Fruit	Scalloped Potatoes & Ham Carrots Applesauce			FHN will be holding Glucose, Blood Pressure, Cholesterol and Foot screening on 03/13 from 10AM to 12:30 PM