



NCAA Golden Meals

May 2019

Serving Time 11:00am-12:45pm

Diane Randecker, Director 815-232-8896

MENU SUBJECT TO CHANGE WITHOUT NOTICE

		5/1	5/2	5/3
<p><b>FHN WILL BE HAVING GLUCOSE, FOOT &amp; BLOOD PRESSURE SCREENINGS MAY 10TH FROM 10:30AM TO 12:00PM</b></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</p> <p><b>Buffet @ Freeport Golden Meals Dining Room Only</b></p>
5/6	5/7	5/8	5/9	5/10
<p>Swedish Meatballs Parslied Potatoes Green Beans Fresh Fruit</p>	<p>Lemon Pepper Chicken Cheesy Potatoes Green Beans Fresh Fruit</p>	<p>Pepper Steak Mashed Potatoes Corn Fresh Fruit</p>	<p>Ham Loaf Sweet Potatoes Peas Fresh Fruit</p>	<p>Ham Salad Cole Slaw Fresh Fruit Whole Wheat Bun</p> <p><b>Buffet @ Freeport Golden Meals Dining Room Only</b></p>
5/13	5/14	5/15	5/16	5/17
<p>Italian Sausage/Green Peppers Red Potato Wedges Green Beans Fresh Fruit</p>	<p>Baked Chicken Mashed Potatoes Mixed Vegetables Fresh Fruit</p> <p><b>BLOOD PRESSURE SCREENING</b></p>	<p>Roast Beef Mashed Potatoes Corn Fresh Fruit</p>	<p>Glazed Baked Ham Mashed Potatoes Carrots Fresh Fruit</p>	<p>Chicken Salad Pea Salad Peaches Whole Wheat Bun</p> <p><b>Buffet @ Freeport Golden Meals Dining Room Only</b></p>
5/20	5/21	5/22	5/23	5/24
<p>Sloppy Joes Potato Wedges Applesauce</p>	<p>Tuna &amp; Noodle Casserole Peas Fruit</p>	<p>Salisbury Steak Mashed Potatoes Lima Beans Fresh Fruit</p>	<p>Baked Chicken Mashed Potatoes Mixed Vegetables Fresh Fruit</p>	<p>Tuna Salad Potato Salad Applesauce Whole Wheat Bun</p> <p><b>Buffet @ Freeport Golden Meals Dining Room Only</b></p>
5/27	5/28	5/29	5/30	5/31
<p><b>SITES CLOSED</b></p>  <p><b>memorial DAY</b></p>	<p>Scalloped Potatoes &amp; Ham Peas Fresh Fruit</p> <p><b>GROCERY BINGO</b></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</p> <p><b>Buffet @ Freeport Golden Meals Dining Room Only</b></p>

Bread, Margarine & Milk Offered With Every Meal