






NCAA Golden Meals  
**November 2018**

Serving Time 11:00am-12:45pm

Diane Randecker, Director 815-232-8896

**MENU SUBJECT TO CHANGE WITHOUT NOTICE**

				11/1	11/2
		<b>FHN WILL BE HAVING FOOT, GLUCOSE &amp; BLOOD PRESSURE SCREENINGS NOVEMBER 16TH FROM 9:00 AM TO NOON</b>		Ham Loaf Mashed Potatoes Carrots Fresh Fruit	Hot Dogs Potato Salad Fresh Fruit Whole Wheat Bun <b>Buffet @ Freeport Golden Meals Dining Room Only</b>
11/5	11/6	11/7	11/8	11/9	
Brats Mashed Potatoes Sauerkraut Fruit Whole Wheat Bun	Pork Chops Cheesy Potatoes Beets Fresh Fruit	Roast Beef Mashed Potatoes/ Gravy Carrots Fruit	Glazed Baked Ham Mashed Potatoes Carrots Fresh Fruit	Beef Stew (Veggies In Stew) Applesauce Biscuit <b>Buffet @ Freeport Golden Meals Dining Room Only</b>	
11/12	11/13	11/14	11/15	11/16	
<b>SITES CLOSED</b> 	Sloppy Joes Potato Wedges Applesauce Whole Wheat Bun <b>Blood Pressure Screening</b>	Salisbury Steak Mashed Potatoes Lima Beans Fresh Fruit	BBQ Chicken Cheesy Potatoes Peas Fresh Fruit	Chili Coleslaw Corn Bread <b>Buffet @ Freeport Golden Meals Dining Room Only</b>	
11/19	11/20	11/21	11/22	11/23	
Beef & Noodles Green Beans Apricots	Cabbage Rolls Buttered Potatoes Carrots Fresh Fruit	Turkey Mashed Potatoes Dressing Green Beans Pumpkin Pie			
11/26	11/27	11/28	11/29	11/30	
Goulash Green Beans Pineapple	Baked Cod In Lemon Butter Parslied Potatoes Spinach Fresh Fruit <b>Grocery Bingo</b>	Pepper Steak Mashed Potatoes Lima Beans Fresh Fruit	Ham Loaf Mashed Potatoes Carrots Fresh Fruit	Hot Dogs Potato Salad Fruit Whole Wheat Bun <b>Buffet @ Freeport Golden Meals Dining Room Only</b>	

Bread, Margarine & Milk Offered With Every Meal