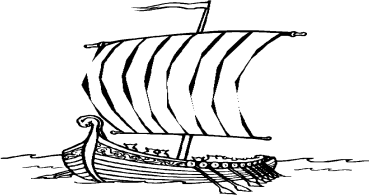



NCAA Golden Meals
OCTOBER 2018

Serving Time 11:00am-12:45pm

Diane Randecker, Director 815-232-8896

MENU SUBJECT TO CHANGE WITHOUT NOTICE

10/1	10/2	10/3	10/4	10/5
Goulash Green Beans Pineapple	Baked Cod In Lemon Butter Parslied Potatoes Spinach Fresh Fruit	Pepper Steak Mashed Potatoes Lima Beans Fresh Fruit	Ham Loaf Mashed Potatoes Carrots Fresh Fruit	Hot Dogs Potato Salad Fresh Fruit Whole Wheat Bun Buffet @ Central Kitchen In Freeport
10/8	10/9	10/10	10/11	10/12
SITES CLOSED FOR COLUMBUS DAY 	Pork Chops Cheesy Potatoes Beets Fresh Fruit Blood Pressure Screening	Brats Sauerkraut Mashed Potatoes Whole Wheat Bun Fresh Fruit	Glazed Baked Ham Mashed Potatoes Carrots Fresh Fruit	Beef Stew (Veggies In Stew) Applesauce Biscuit Buffet @ Central Kitchen In Freeport
10/15	10/16	10/17	10/18	10/19
Sloppy Joes Potato Wedges Applesauce Whole Wheat Bun	Turkey Mashed Potatoes Green Beans Fresh Fruit	Salisbury Steak Mashed Potatoes Lima Beans Fresh Fruit	BBQ Chicken Cheesy Potatoes Peas Fresh Fruit	Ham Salad Cottage Cheese Pineapple Whole Wheat Bun Buffet @ Central Kitchen In Freeport
10/22	10/23	10/24	10/25	10/26
Beef & Noodles Green Beans Apricots	Cabbage Rolls Buttered Potatoes Carrots Fresh Fruit	Spaghetti Mixed Vegetables Fresh Fruit	Roast Beef Mashed Potatoes Carrots Fresh Fruit	Chili Coleslaw Mixed Fruit Buffet @ Central Kitchen In Freeport
10/29	10/30	10/31		
Goulash Green Beans Pineapple	Baked Cod In Lemon Butter Parslied Potatoes Spinach Fresh Fruit Grocery Bingo	Pepper Steak Mashed Potatoes Lima Beans Fresh Fruit 	FHN WILL BE HAVING A FLU SHOT CLINIC & BLOOD PRESSURE SCREENING ON 10/16 FROM 9AM TO 12PM AT GOLDEN MEALS	
Bread, Margarine & Milk Offered With Every Meal			FHN WILL BE DOING GLUCOSE, FOOT & BLOOD PRESSURE SCREENING ON 10/26 FROM 9AM TO 12PM AT GOLDEN MEALS	