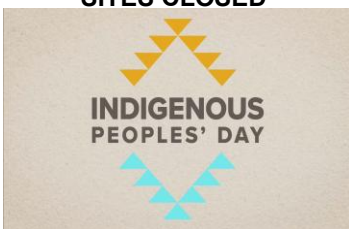


OCTOBER

MENU SUBJECT TO CHANGE WITHOUT NOTICE

DIANE RANDECKER - Golden Meals Director- 815-232-8896

Serving time is from 11 to 12:45 in the Freeport Dining Room
Soup and Salad offered daily at Freeport Congregate Site

				10/1	10/2
				Spaghetti W/Meat Sauce Green Beans Peaches Bread & Margarine	FRIDAY BUFFET
10/5	10/6	10/7	10/8	10/9	
Meatball Sub Seasoned Potato Wedges Mixed Fruit Bun	Country Fried Chicken Mashed Potatoes Green Beans Bread & Margarine	Beef Hot Dog Oven Fries Baked Beans Bun	Tater Tot Casserole Peaches Bread & Margarine	FRIDAY BUFFET	
10/12	10/13	10/14	10/15	10/16	
SITES CLOSED  INDIGENOUS PEOPLES' DAY	Pulled Pork Seasoned Potato Wedges Peas & Carrots Bun	Chicken Pot Pie (Veggies In Pie) Mixed Fruit	Ham Loaf Sweet Potatoes Green Beans Bread & Margarine	FRIDAY BUFFET	
10/19	10/20	10/21	10/22	10/23	
Tuna Noodle Casserole Peas Mixed Fruit Bread & Margarine	Brat Oven Fries Baked Beans Bun	Salisbury Steak Mashed Potatoes Corn Bread & Margarine	Ham & Bean Casserole Diced Peaches Cornbread	FRIDAY BUFFET	
10/26	10/27	10/28	10/29	10/30	
Cheeseburger Seasoned Potato Wedges California Blend Vegetables Bun	Honey Glazed Ham Corn Sweet Potatoes Bread & Margarine	Beef Stew Mixed Fruit Biscuit	Spaghetti W/Meat Sauce Green Beans Pears Bread & Margarine	FRIDAY BUFFET	