



November 2021 MENU

Suggested Donation: Congregate \$3.00 or Home Delivered \$3.25

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Beef Stroganoff Green Beans Fresh Orange Whole Grain Bread	2 Ham Hash Brown Casserole Brussels Sprouts Chilled Peaches Whole Grain Roll	3 Seasoned Beef Pattie Whipped Potatoes Black Eyed Peas Carrot Cake w/Cream Cheese Icing	4 Pork Cutlet Mashed Potatoes Broccoli & Cauliflower Apricots Biscuits	5 BBQ Chicken Breast Rice Pilaf Peas & Carrots Stewed Tomatoes Cinnamon Applesauce
8 Grilled Chicken Tenderloin Cheesy Rice Hot Stewed Tomatoes Fruit Cocktail Whole Grain Bread	9 Ham N Beans Cole Slaw Beets Peaches Corn Bread	10 Ball Park Frank on Bun Roasted Red Potatoes Green Beans Jello w/fruit	11 Closed Veterans Day	12 Taco Soup w/shredded Cheese Tossed Salad w/dressing Tortilla chips Apricots
15 Biscuits & Gravy Sausage Patties Hash Rounds Fresh Orange Apple Juice	16 Fried Chicken Mashed Potatoes Green Beans Strawberries & Bananas Whole Grain Roll	17 Loaded Baked Potato Soup w/bacon Crackers Slice of Cheese Broccoli Cauliflower Salad Chilled Apricots Oatmeal Cookie	18 Lasagna Tossed Salad w/tomatoes Spiced Apples Black Bean Brownie Garlic Bread Stick	19 Chicken & Noodles Peas Glazed Carrots Chilled Pineapple Whole Grain Bread
22 Pork Roast Glazed Sweet Potatoes Peas 5-Cup Salad Whole Grain Bread	23 Meatloaf Whipped Potatoes Brussels Sprouts Mandarin Oranges Peanut Butter Cookie	24 Turkey N Dressing Mashed Potatoes N Gravy Green Bean Casserole Whole Grain Roll Pumpkin Pie	25 Closed Thanksgiving Day	26 Closed Thanksgiving Holiday
29 Chili Crackers Cottage Cheese Asian Cole Slaw Chilled Pears Corn Bread	30 Mac N Cheese w/ham Broccoli Tossed Salad w/tomatoes/dressing Warm Peach Crisp Whole Grain Bread			FINAL

Milk, Bread & Margarine are served with all meals where not listed. substitutes will only be made in emergencies!

CALL THE DAY BEFORE TO RESERVE A MEAL

Effingham 217/347-2851; Dieterich 217/925-5461; Altamont 618/483-6912; Beecher City 618/487-5401

Flora 618/662-6741

Vandalia 618/283-1040 Ramsey 618/237-0251

Pana 217/562-5611 Taylorville 217/287-7268 Kincaid 217/237-4328