

**FRIENDS,
FOOD,
FELLOWSHIP**

**Meals on Wheels of C.E.F.S.
APRIL 2017 MENU
CALL THE DAY BEFORE TO RESERVE MEAL**

**Suggested Donation
\$3.00 Congregate Meal
\$3.25 Delivered Meal**

Mon	Tue	Wed	Thu	Fri	Effingham Tues Evening Meal
3 Baked Potato Soup w/bacon Crackers 1/2 Egg Salad Sandwich Whole Grain Bread Broccoli Cauliflower Salad Peaches	4 Old Fashioned Beef Stew Cottage Cheese Cole Slaw Cinnamon Applesauce Corn Muffin	5 Chicken Penne Pasta Alfredo Broccoli Carrots Jello w/pears Garlic Bread	6 Sloppy Joes on Bun Ranch Potato Wedge Calcio Beans Pineapple	7 Lemon Pepper Tilapia Garlic Mashed Potatoes Asparagus Tropical Fruit Mandarin Orange Cake	4 Ham Hash Brown Casserole Green Bean Casserole Layered Salad Roll Carrot Cake Easter Dinner
10 Swiss steak Au Gratin Potatoes Spinach Vanilla Pudding Whole Grain Bread	11 Ham & Beans Beets Cole Slaw Mandarin Oranges Corn Bread	12 Turkey Sweet Potatoes Green Beans Peaches Whole Grain Roll	13 Ham Hash Brown Casserole Green Bean Casserole Layered Salad Roll Carrot Cake Easter Dinner	14 Closed Good Friday	
17 Polish Sausage Sauerkraut Mashed Potatoes Pumpkin Mousse Whole Grain Bread	18 Lasagna Roll Ups Tossed Salad w/tomatoes Corn Warm Apple Crisp Garlic Bread Stick	19 Vegetable Beef Soup Crackers 1/2 Cheese Salad Sandwich 3 Bean Salad Strawberries w/bananas	20 Italian Beef on Hoagie Bun German Potato Salad California Blend Veggies Birthday Cake	21 Stuffed Peppers Glazed Carrots Green Beans Pudding	
24 Chili Crackers 1/1 Peanut Butter Sandwich Cole Slaw Apricots	25 Fried Chicken Mashed Potatoes & Gravy Mixed Vegetables Strawberries w/bananas Whole Grain Roll	26 Pork Roast Roasted Rosemary Potatoes Lima Beans Mandarin Oranges Oatmeal Raisin Cookies	27 Beef Pepper Steak Over rice Stewed Tomatoes Peaches	28 Chicken n Noodles Peas Tossed Salad w/ tomatoes Warm Spiced Apples Whole Grain Bread	
					Golden Circle Nutrition 217-347-2851
					Final

Milk, Bread and Margarine are served with every meal!!! Substitutes will be made only in emergencies!!!