




**FRIENDS,  
FOOD,  
FELLOWSHIP**

**Meals on Wheels of C.E.F.S.  
APRIL 2019 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
1 Chicken Penne Pasta Alfredo Broccoli Carrots Jello-O w/pears Garlic Bread	2 Sloppy Joes on Bun Potato Wedge Calico Beans Pineapple	3 Old Fashioned Beef Stew Cottage Cheese Cole Slaw Cinnamon Applesauce Corn Muffin	4 Salisbury Steak Broccoli Mashed Potatoes Orange Whole Grain Roll	5 Baked Potato Soup 1/2 Egg Salad Sandwich on Whole Grain Bread Broccoli Cauliflower Salad Peaches Crackers	2 Meat Loaf Baked Potato Green Beans Cookie Whole Grain Bread
8 Swiss Steak Au Gratin Potatoes Spinach Vanilla Pudding Whole Grain Bread	9 Ham & Beans Beets Cole Slaw Mandarin Oranges Corn Bread	10 Turkey Sweet Potatoes Green Beans Peaches Whole Grain Roll	11 Vegetables Beef Soup Crackers 1/2 Peanut butter Sand- wich 3 Beans Salad Strawberries w/bananas	12 Lemon Pepper Tilapia Garlic Mashed Potatoes Asparagus Tropical Fruit Cotton Pickin Good Cake	
15 Polish Sausage Sauerkraut Mashed Potatoes Pumpkin Mousse Whole Grain Bread	16 Lasagna Roll Ups Tossed Salad w/tomatoes Corn Warm Apple Crisp Garlic Bread Stick	17 Italian Beef on Hoagie Bun German Potato Salad California Blend Veggies Chilled Peaches	18 Ham Hash Brown Casserole Green Bean Casserole Layered Lettuce Salad Roll Carrot Cake <b>Happy Easter</b> 	19 <b>Closed</b> <b>Good Friday</b> 	
22 Chili Crackers 1/2 Peanut butter Sand- wich Cole Slaw w/Ramen Noo- dles Apricots	23 Fried Chicken Mashed Potatoes Mixed Vegetables Strawberries/bananas Whole Grain Roll	24 Beef N Noodles Peas Lettuce Salad w/tomatoes Warm Apples	25 Pork Roast Roasted Rosemary Potatoes Lima Beans Applesauce Oatmeal Raisin Cookie	26 Stuffed Peppers Au gratin Potatoes Peas Peaches	
29 Biscuits & Gravy Sausage patty Hash Brown Casserole Banana Orange Juice	30 Spaghetti w/ meat sauce Tossed Salad w/tomatoes 3 Bean Salad Strawberries Garlic Bread Stick			<b>Meals On Wheels of CEFS</b> <b>217-347-2851</b>	<b>Final</b> 

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