

**FRIENDS,
FOOD,
FELLOWSHIP**

**Meals on Wheels of C.E.F.S.
August 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 Pork Roast Baked Sweet Potatoes Brussels Sprouts Apple Sauce Whole Grain Roll	2 Tuna Salad Sandwich Tomato/Cucumber Medley Black Beans & Corn Salad Watermelon	
5 BBQ Baked Chicken Parsley Potatoes Green Beans Whole Grain Bread Banana	6 Hamburger on Bun Lettuce, Tomato, Onion, Pickles Potato Salad Kidney Bean Salad Watermelon	7 Sloppy Joes on Bun Au Gratin Potatoes Calico Baked Beans Cantaloupe	8 Turkey & Dressing Mashed Potatoes Mixed Vegetables Strawberries Whole Grain Roll	9 Chef Salad Turkey, Ham, Egg, Lettuce, Tomato, Cucumber, Carrots, Shredded Cheese Mandarin Orange Cake Club Crackers	6 Meat Loaf Mashed Potatoes n Gravy Green Beans Cookie
12 Beef Tips w/ mushroom Gravy over Noodles Brussels Spouts Corn Apricots	13 Ham Hash Brown Casserole Succotash 5-cup Salad Whole Grain Roll	14 Stuffed Green Peppers Glazed Carrots Green Beans Banana Pudding w/sliced bananas	15 Pork Burger on Whole Grain Bun 4 Bean Salad Cold Stewed Tomatoes Birthday Cake	16 Chicken Salad on Croissant Tomato Medley Waldorf Salad Strawberries & Bananas	
19 Pork Chops Roasted Red Potatoes Butter Beans Peaches Whole Grain Roll	20 Mostaccilio w/meat Sauce Carrots & Peas Tossed Salad w/tomatoes Baked Apples Garlic Bread	21 Grilled Chicken Caesar Salad Mandarin Oranges Fresh Banana Garlic Bread Stick Graham Crackers	22 Meatloaf Scalloped Potatoes Glazed Carrots Melon Medley Whole Grain Bread	23 Fish on Bun Cauliflower w/cheese Seasoned Lima Beans Cantaloupe	
26 Fried Chicken Potato Salad Green Beans Hot Apple Crisp Biscuit	27 Swedish Meatballs Mashed Potatoes Succotash Apricots Whole Grain Roll	28 BBQ Pulled Pork On Whole Grain Bun Au Gratin Potatoes 4 Bean Salad Mandarin Orange Salad	29 Salisbury Steak Whipped Potatoes Peas Mandarin Oranges Oatmeal Cookies	30 Sub Sandwich On Hoagie Bun Lettuce & Tomato Broccoli/Cauliflower Salad Cantaloupe	Final

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