

Friends
Food
Fellowship



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December 2019 MENU

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Fish on Bun Au Gratin Potatoes Baked Beans Strawberries w/bananas	3 Country Fried Steak Mashed Potatoes & Gravy Green Beans Apricots Whole Grain Bread	4 Pork Chop Baked Potato Seasoned Lima Beans Tropical Fruit	5 Pizza Bake Tossed Salad w/tomatoes Corn Hot Cherry Crisp Garlic Bread	6 Santa Fe Soup Crackers ½ Cheese Salad Sandwich on Whole Grain Bread Creamy Cole Slaw Apricots
9 Beef Stroganoff over Noodles Gourmet Carrots Green Beans Pineapple Chunks	10 Fried Chicken Mashed Potatoes & Gravy Brussels Spouts Chilled Peaches Whole Grain Roll	11 Cabbage Roll Casserole Whipped Potatoes Black Eyed Peas Bread Pudding	12 Pork Cutlet Mashed Potatoes Broccoli & Cauliflower Apricots Whole Grain Bread	13 Chicken and Wild Rice Soup ½ Turkey Sandwich Black Bean & Corn Salad Cold Tomatoes Mandarin Oranges
16 Polish Sausage Mashed Potatoes Sauerkraut Orange Cottage Cheese Salad	17 Ham & Beans Cole Slaw Beets Vanilla Pudding Corn Bread	18 Italian Beef on Hoagie Bun Roasted Red Potatoes Green Beans Jello w/fruit	19 Turkey Mashed Potatoes Brussels Sprouts Whole Grain Roll Birthday Cake	20 Grilled Chicken Tenderloin Cheesy Rice Steamed Broccoli Hot Stewed Tomatoes Fruit Cocktail
23 Ham Potato Casserole Gourmet Carrots Creamy Cole Slaw Roll Cherry Delight	24 Closed Christmas Holiday	25 Closed Christmas Day Merry Christmas!!	26 Chicken & Noodles Spinach Glazed Carrots Chilled Pineapple Whole Grain Bread	27 Lasagna Tossed Salad w/tomatoes Spiced Apples Black Bean Brownies Garlic Bread
30 Meatloaf Whipped Potatoes Butter Beans Mandarin Oranges Oatmeal Cookie	31 Closed New Year's Holiday			FINAL Meals On Wheels Of CEFS 217-347-2851

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

CALL THE DAY BEFORE TO RESERVE A MEAL

*****December 3rd Effingham Tuesday Evening Meal*****

**Ham, Potato Casserole, Gourmet Carrots, Creamy Cole Slaw, Roll,
Cherry Delight**