




**FRIENDS,
FOOD,
FELLOWSHIP**

**Meals on Wheels of C.E.F.S.
December 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
Golden Circle Nutrition 217-347-2851				1 Sloppy Joes on Bun Scalloped Potatoes Calico Baked Beans Strawberries	
4 Tuna Noodle Casserole Peas & Carrots Cole Slaw Warm Peach Crisp Whole Grain Bread	5 Oven Baked Chicken Whipped Potatoes Mixed Vegetables Mixed Fruit Roll	6 Chicken Ala King Steamed Broccoli Tomatoes & Zucchini Oranges w/bananas Biscuit	7 Roast Beef Mashed Potatoes Succotash Pineapple Whole Grain Roll	8 Chili Crackers Cottage Cheese Asian Cole Slaw Chilled Pears Cornbread	5 Ham Mashed Potatoes & Gravy Gourmet Carrots Creamy Cole Slaw Roll Cherry Delight 
11 Fish Sandwich Au Gratin Potatoes Baked Beans Strawberries w/bananas	12 Country Fried Steak Mashed Potatoes & Gravy Green Beans Apricots Whole Grain Bread	13 Pork Chop Baked Potato Seasoned Lima Beans Tropical Fruit	14 Pizza Bake Tossed Salad w/ tomatoes Corn Hot Cherry Crisp	15 Salisbury Steak Mashed Potatoes & Gravy Green Beans Banana	
18 Beef Stroganoff over Noodles Gourmet Carrots Green Beans Pineapple Chunks	19 Chicken & Wild Rice Soup 1/2 Turkey Sandwich Black Bean & Corn Salad Cold Tomatoes Mandarin Oranges	20 Fried Chicken Mashed Potatoes & Gravy Calico Beans Apple Cake w/Cream Cheese Icing	21 Pork Cutlet Au gratin Potatoes Broccoli & Cauliflower Apricots Whole Grain Bread	22 Ham Mashed Potatoes & Gravy Gourmet Carrots Creamy Cole Slaw Roll Cherry Delight 	
25 Closed Merry Christmas 	26 Closed Christmas Holiday	27 Ham & Beans Cole Slaw Beets Peaches Corn Bread	28 Italian Beef on Hoagie Bun Roasted Red Potatoes Green Beans Jell-O w/fruit	29 Potato Soup w/ Cheese and Bacon Crackers 1/2 Tuna Salad Sandwich Broccoli Cauliflower Salad Chilled Apricots	FINAL

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