


**FRIENDS,  
FOOD,  
FELLOWSHIP**

**Meals on Wheels of C.E.F.S.  
December 2018 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 Roast Beef Mashed Potatoes Succotash Pineapple Whole Grain Roll	4 Chili Crackers Cottage Cheese Asian Cole Slaw Chilled Pears Corn Bread	5 Chicken Ala King Steamed Broccoli Tomatoes & Zucchini Oranges w/bananas Biscuit	6 Tuna Noodle Casserole Peas & Carrots Tossed Salad w/tomatoes Warm Peach Crisp Whole Grain Bread	7 Oven baked Chicken Baked Potatoes Mixed Vegetables Mixed Fruit Roll	4 Ham Sweet Potatoes Gourmet Carrots Creamy Cole Slaw Cherry Delight Roll <b>Christmas Dinner</b>
10 Fish Sandwich on Bun Au Gratin Potatoes Baked Beans Strawberries w/bananas Tartar Sauce	11 Spaghetti w/ meat sauce Tossed Salad w/tomatoes Corn Hot Cherry Crisp Garlic Bread	12 Pork Chop Baked Potato Seasoned Lima Beans Tropical Fruit	13 Country Fried Steak Mashed Potatoes & Gravy Creamed Corn Apricots Whole Grain Bread	14 Sausage, Egg, Cheese Casserole Apple Cinnamon Squash Orange Juice Bananas	
17 Beef Stroganoff Over Noodles Gourmet Carrots Green Beans Pineapple Chunks	18 Santa Fe Soup Crackers 1/2 Cheese Salad Sand- wich on Whole Grain Bread Apple Cake w/cream cheese icing	19 Cabbage Roll Whipped Potatoes Black Eyed Peas Apricots	20 Salisbury Steak Mashed Potatoes Broccoli & Cauliflower Birthday Cake Whole Grain Bread	21 Ham Sweet Potatoes Gourmet Carrots Creamy Cole Slaw Cherry Delight Roll <b>Christmas Dinner</b>	
24  CLOSED Christmas Eve  	25  CLOSED Christmas Day  	26 Ham & Beans Cole Slaw Beets Peaches Cornbread	27 Sloppy Joes Scalloped Potatoes Baked Beans Pudding	28 Grilled Chicken Tenderloin Cheesy Rice Steamed Broccoli Hot Stewed Tomatoes Fruit Cocktail	
31  CLOSED New Year's Eve  				<b>Meals On Wheels of CEFS 217-347-2851</b>	<b>FINAL</b>

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