



**FRIENDS,
FOOD,
FELLOWSHIP**

**Meals on Wheels of C.E.F.S.
February 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
	Meals On Wheels of CEFS 217-347-2851			1 Fried Chicken Mashed Potatoes Mixed Vegetables Strawberries w/bananas Whole Grain Roll	
4 Biscuits n Gravy Sausage Patty Hash Brown Casserole Banana Orange Juice	5 Spaghetti w/ Meat sauce Tossed Salad w/tomatoes 3 bean Salad Strawberries Garlic Bread Stick	6 Stuffed Pepper Soup 1/2 Ham Salad Sandwich On Whole Grain Bread Cole Slaw Jell-o w/fruit cocktail	7 Roast Beef Mashed Potatoes Butter Beans Apricots Peanut Butter Cookies	8 Salmon Patty Creamy Potatoes Carrots Pineapple Chunks Whole Grain Bread	5 Meatloaf Baked Potato Green Beans Cookie
11 Broccoli Cheese Soup Crackers 1/2 Turkey Sandwich on Whole Grain Bread Apple Cabbage Slaw Fruit Cocktail	12 Meatloaf Baked Potato Succotash Blushing Pears Whole Grain Roll	13 Chicken n Dumplings Tossed Salad w/tomatoes California Blend Cherry Crisp	14 Oven Baked Chicken Sweet Potatoes Peas Cherry Cheese Cake Valentine's Day 	15 Fish on Bun Broccoli Rice Casserole Baked Beans Mandarin Oranges w/bananas Tartar Sauce	
18 Closed President's Day 	19 Sloppy Joes on Bun Ranch Potato Wedges Calico Beans Pineapple	20 Old Fashioned Beef Stew Cottage Cheese Cole Slaw Cinnamon Applesauce Corn Muffin	21 Baked Ham Hash Brown Casserole Lima Beans Fresh Orange Whole Grain Roll	22 Baked Potato Soup Crackers 1/2 Egg Salad Sandwich on Whole Grain Bread Broccoli Cauliflower Salad Peaches	
25 Swiss Steak Au Gratin Potatoes Spinach Vanilla Pudding Whole Grain Bread	26 Ham & Beans Beets Copper Penny Salad Mandarin Oranges Corn Bread	27 Turkey Sweet Potatoes Green Beans Peaches Whole Grain Roll	28 Vegetable Beef Soup Crackers 1/2 Cheese Salad Sand- wich 3 Bean Salad Strawberries w/bananas		Final

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