


**FRIENDS,
FOOD,
FELLOWSHIP**

**Meals on Wheels of C.E.F.S.
FEBRUARY 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 Meal
Golden Circle Nutrition 217-347-2851		1 Chili Crackers 1/1 Peanut Butter Sand- wich Cole Slaw Apricots	2 Fried Chicken Mashed Potatoes & Gravy Mixed Vegetables Strawberries w/ bananas Whole Grain Roll	3 Pork Roast Roasted Rosemary Pota- toes Lima Beans Mandarin Oranges Oatmeal Raisin Cookies	
6 Biscuits & Gravy Sausage Patty Hash Brown Casserole Banana Orange Juice	7 Spaghetti w/meat sauce Tossed Salad w/tomatoes 3-Bean Salad Strawberries Garlic Bread Stick	8 Chicken & Noodles Green Beans Carrots Jello w/Fruit Cocktail Whole Grain Roll	9 Roast Beef Mashed Potatoes Butter Beans Apricots Peanut Butter Cookie	10 Baked Potato Soup w/bacon Crackers 1/2 Tuna Salad Sandwich on Whole Grain Bread Broccoli Cauliflower Salad Peaches	7 Fried Chicken Mashed Potatoes w/ gravy Mixed Vegetables Strawberries & Bananas
13 Fish on Bun Broccoli Rice Casserole Baked Beans Mandarin Oranges w/bananas	14 Oven Baked Chicken Sweet Potatoes Peas Strawberries  Happy Valentines Day	15 Beef n Noodles Tossed Salad w/tomatoes California Blend Cherry Crisp	16 Meatloaf Baked Potato Succotash Birthday Cake Whole Grain Roll	15 Broccoli Cheese Soup Crackers 1/2 Turkey Sandwich on Whole Grain Bread Pea Salad Fruit Cocktail	
20 Closed President's Day	21 Sloppy Joes on Bun Cheesy Potatoes Calico Beans Pineapple	22 Old Fashioned Beef Stew Cottage Cheese Cole Slaw Cinnamon Applesauce Corn Muffin	23 Baked Ham Hash Brown Casserole Lima Beans Fresh Orange Whole Grain Roll	24 Tuna & Noodle Casserole Peas & Carrots Tossed Salad w/ tomatoes Warm Peach Crisp	
27 Swiss Steak Au Gratin Potatoes Spinach Vanilla Pudding Whole Grain Bread	28 Ham & Beans Beets Cole Slaw Mandarin Oranges Cornbread			Final	

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