



**FRIENDS,  
FOOD,  
FELLOWSHIP**

**Meals on Wheels of C.E.F.S.  
February 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
	<b>Golden Circle Nutrition 217-347-2851</b>		1 Pork Roast Roasted Potatoes Lima Beans Mandarin Oranges Oatmeal Cookie	2 Chili Crackers 1/2 Peanut Butter Sand Cole Slaw w/ ramen Noodles Apricots	
5 Biscuits & Gravy Sausage Patty Hash Brown Casserole Banana Orange Juice	6 Spaghetti w/meat sauce Tossed Salad w/tomatoes 3 Bean Salad Strawberries Garlic Bread Stick	7  Cooks Choice  Will be notified of what will be served.	8 Roast Beef Mashed Potatoes Butter Beans Apricots Peanut butter Cookie	9 Baked Potato Soup w/ bacon Crackers 1/2 Egg Salad Sandwich on Whole Grain Bread Broccoli Cauliflower Salad	6 Fried Chicken Mashed Potatoes Gravy Green Beans Cookies
12 Meatloaf Baked Potato Succotash Blushing Pears Whole Grain Roll	13 Chicken & Dumplings Tossed Salad w/tomatoes California Blend Cherry Crisp	14 Broccoli Cheese Soup Crackers 1/2 Turkey Sandwich on Whole Grain Bread Apple Cabbage Slaw Strawberry Jell-O 	15 Oven Baked Chicken Sweet Potatoes Peas Birthday Cake	16 Fish on Bun Broccoli Rice Casserole Baked Beans Mandarin Oranges w/ bananas	
19  <b>Closed President's Day</b>	20 Sloppy Joes Ranch Potato Wedges Calico Beans Pineapple	21 Old Fashioned Beef Stew Cottage Cheese Cole Slaw Cinnamon Applesauce Corn Muffin	22 Baked Ham Hash Brown Casserole Lima Beans Fresh Orange Whole Grain Roll	23 Salmon Patty Creamy Potatoes Carrots Pineapple Chunks Whole Grain Bread	
26 Swiss Steak Au Gratin Potatoes Spinach Vanilla Pudding Whole Grain Bread	27 Ham & Beans Beets Cole Slaw Mandarin Oranges Corn Bread	28 Turkey Sweet Potatoes Green Beans Peaches Whole Grain Roll			Final

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