


**FRIENDS,  
FOOD,  
FELLOWSHIP**

**Meals on Wheels of C.E.F.S.  
January 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
1  <b>Closed</b> Happy New Year!!!	2  <b>Closed</b>	3 Biscuits & Gravy Sausage Patties Shredded Hash Browns Fresh Orange Apple Juice A	4 Fried Chicken Roasted Potatoes Lima Beans Strawberries & Bananas Whole Grain Roll	5 Lasagna Tossed Salad w/tomatoes Spiced Apples Black Bean Brownie Garlic Bread Stick	
8 Sloppy Joes on Bun Scalloped Potatoes Calcio Baked Beans Strawberries	9 Meatloaf Whipped Potatoes Butter Beans Mandarin Oranges Oatmeal Cookies	10 Chicken Pot Pie Creamy Cole Slaw Apricots Biscuits	11 Pork Roast Glazed Sweet Potatoes Cooked Cabbage Cranberry Relish Whole Grain Bread	12 Broccoli Cheese Soup Crackers 1/2 Ham Sandwich on Whole Grain Bread Green Pea Salad Blushing Pears	9 Oven Baked Chicken Whipped Potatoes Mixed Vegetables Mixed Fruit Roll  
15  Closed Martin Luther King	16 Oven Baked Chicken Whipped Potatoes Mixed Vegetables Mixed Fruit Roll	17 Chili Crackers Cottage Cheese Asian Cole Slaw Chipped Pears	18 Roast Beef Mashed Potatoes Succotash Pineapple Whole Grain Roll Birthday Cake	19 Chicken & Noodles Steamed Broccoli Tomatoes & Zucchini Oranges w/bananas Biscuit	
22 Country Fried Steak Mashed Potatoes & Gravy Green Beans Apricots Whole Grain Bread	23 Salisbury Steak Mashed Potatoes & Gravy California Blend Veggies Banana	24 Fish Sandwich Au Gratin Potatoes Baked Beans Strawberries w/bananas	25 Pork Chop Baked Potato Seasoned Lima Beans Tropical Fruit	26 Spaghetti w/meat sauce Tossed Salad w/tomatoes Corn Hot Cherry Crisp	
29 Beef Stroganoff over Noodles Gourmet Carrots Waxed Beans Pineapple Chunks	30 Chicken & Wild Rice Soup 1/2 Turkey Sandwich Black Bean & Corn Salad Cold Tomatoes Mandarin Oranges	31 Fried Chicken Mashed Potatoes & Gravy Calico Beans Apple Cake w/Cream Cheese Icing			<b>Golden Circle Nutrition 217-347-2851</b>  Final

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