

**FRIENDS,
FOOD,
FELLOWSHIP**

**Meals on Wheels of C.E.F.S.
July 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
1 Chicken Salad On Croissant Tomato Medley Copper Penny Salad Melon Medley	2 Ham Hash Brown Casserole Succotash 5 Cup Salad Whole Grain Roll	3 Pork Burger on whole Grain bun 4 Bean Salad Cold Stewed Tomatoes Strawberries & Bananas	4 July 4th Holiday Closed	5 Stuffed Green Peppers Glazed Carrots Green Beans Banana Pudding w/sliced Bananas	2 Fried Chicken Mashed Potatoes n White Gravy Green Beans Watermelon
8 Swedish Meatballs Mashed Potatoes Succotash Apricots Whole Grain Roll	9 Pork Chop Roasted Red Potatoes Butter Beans Waldorf Salad Whole Grain Roll	10 Grilled Chicken Caesar Salad Mandarin Oranges Fresh Banana Garlic Parmesan Garlic Bread Graham Crackers	11 Mostaccioli w/meat sauce Carrots & Peas Tossed Salad w/tomatoes Baked Apples Garlic Bread	12 Fish on Bun Tartar Sauce Cauliflower w/cheese Seasoned Lima Beans Cantaloupe	
15 Salisbury Steak Whipped Potatoes Peas Mandarin Oranges Oatmeal Cookies	16 Sub Sandwich On Hoagie Bun Lettuce & Tomato Broccoli/Cauliflower Salad Cantaloupe	17 Spaghetti w/meat sauce Tossed Salad w/dressing 3 Bean Salad Watermelon Garlic Bread	18 Fried Chicken Potato Salad Green Beans Hot Apple Crisp Biscuit	19 BBQ Pulled Pork On Whole Grain Bun Au Gratin Potatoes 4 Bean Salad Peaches	
22 Sweet & Sour Chicken w/pineapple over rice Steamed Broccoli Jell-O w/fruit cocktail	23 Taco Salad w/ Tortilla chips Meat & Refried Beans Lettuce, Tomato, Onions Shredded Cheese Apple	24 Chicken Fillets Broccoli Rice Casserole Carrots Strawberries w/Bananas Whole Grain Bread	25 Grilled Pork Tenderloin on Whole Grain Bun Roasted Red Potatoes Lima Beans Watermelon	26 Egg Omelet Sausage & Gravy Hash Browns Hot Herbed Tomatoes Biscuit	
29 Grilled Chicken Breast Baked Potato Broccoli w/cheese Chilled Peaches Peanut Butter Cookies	30 Meatloaf Scalloped Potatoes Butter Beans Melon Medley Whole Grain Bread	31 Bratwurst Grilled Peppers & Onions Grilled Potatoes Blushing Pears Hot Dog Bun			Final

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