



**FRIENDS,
FOOD,
FELLOWSHIP**

**Meals on Wheels of C.E.F.S.
July 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
2 Pork Chops Roasted Red Potatoes Butter Beans Peaches Whole Grain Roll	3 Mostaccioli w/meat Sauce Carrots & Peas Tossed Salad w/tomatoes Baked Apples Garlic Bread	4 CLOSED July 4th Holiday 	5 Grilled Chicken Caesar Salad Mandarin Oranges Fresh Banana Garlic Parmesan Bread Stick Graham Cracker	6 Fish w/tartar sauce Cauliflower w/cheese Seasoned Lima Beans Cantaloupe Bun	3 Pork Chop Roasted Red Potatoes Butter Beans Peaches Whole Grain Roll
9 Salisbury Steak Whipped Potatoes Peas Mandarin Oranges Oatmeal Cookie	10 Sub Sandwich on Hoagie Bun Lettuce & Tomato Broccoli Cauliflower Salad Cantaloupe	11 Fried Chicken Potato Salad Green Beans Hot Apple Crisp Biscuit	12 BBQ Pulled Pork Au Gratin Potatoes 4 Bean Salad Baked Apples Bun	13 Swedish Meatballs Mashed Potatoes Succotash Apricots Whole Grain Roll	
16 Sweet N Sour Chicken w/pineapple over rice Steamed Broccoli Jell-O w/fruit Cocktail Whole Grain Bread	17 Grilled Pork Tender- loin Roasted Red Potatoes Lima Beans Whole Grain Roll Apple	18 Chicken Strips Broccoli Rice & Cheese Carrots Strawberries w/bananas Whole Grain Bread	19 Taco Salad w Tortilla Chips Meat & Refried Beans Lettuce, Tomato, Onions Shredded Cheese Birthday Cake	20 Egg, Sausage Omelet Biscuit & Gravy Hash Browns Hot Herbed Tomatoes	
23 Bratwurst Grilled Peppers & Onions Grilled Potatoes Blushing Pears Hot Dog Bun	24 Meatloaf Scalloped Potatoes Butter Beans Melon Medley Whole Grain Bread	25 Grilled Chicken Breast Baked Potato Broccoli w/cheese Chilled Peaches Peanut Butter Cookie Whole Grain Bread	26 Tuna Salad Sandwich Tomato Cucumber Med- ley Black Bean & Corn Salad Watermelon Whole Grain Bread	27 Pork Roast Baked Sweet Potatoes Brussels Sprouts Apple Sauce Whole Grain Roll	
30 BBQ Chicken Parsley Potatoes Green Beans Whole Grain Bread Banana	31 Hamburger on Bun Lettuce, Tomato, Onion Pickles Potato Salad Kidney Bean Salad Cantaloupe				Meals On Wheels of CEFS 217-347-2851 Final

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