


**FRIENDS,
FOOD,
FELLOWSHIP**

**Meals on Wheels of C.E.F.S.
June 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
<p>Meals On Wheels of CEFS 217-347-2851</p>				<p>1 BBQ Pulled Pork Au Gratin Potatoes 4 Bean Salad Baked Apples</p>	
<p>4 Sweet N Sour Chicken w/pineapple over rice Steamed Broccoli Jell-O w/fruit Cocktail</p>	<p>5 Grilled Pork Tender- loin Roasted Red Potatoes Lima Beans Whole Grain Roll Apple</p>	<p>6 Chicken Strips Broccoli Rice & Cheese Carrots Strawberries w/bananas Whole Grain Bread</p>	<p>7 Taco Salad w Tortilla Chips Meat & Refried Beans Lettuce, Tomato, Onions Shredded Cheese Watermelon</p>	<p>8 Egg, Sausage Omelet Biscuit & Gravy Hash Browns Hot Herbed Tomatoes</p>	<p>5 Fried Chicken Mashed Potatoes Gravy Green Beans w/almonds Cookie</p>
<p>11 Bratwurst Grilled Peppers & Onions Grilled Potatoes Blushing Pears Hot Dog Bun</p>	<p>12 Meatloaf Scalloped Potatoes Butter Beans Melon Medley Whole Grain Bread</p>	<p>13 Grilled Chicken Breast Baked Potato Broccoli w/cheese Chilled Peaches Peanut Butter Cookie</p>	<p>14 Tuna Salad Sandwich Tomato Cucumber Med- ley Black Bean & Corn Salad Watermelon</p> 	<p>15 Pork Roast Baked Sweet Potatoes Brussels Sprouts Apple Sauce Whole Grain Roll</p>	
<p>18 BBQ Chicken Parsley Potatoes Green Beans Whole Grain Bread Banana</p>	<p>19 Hamburger on Bun Lettuce, Tomato, Onion Pickles Potato Salad Kidney Bean Salad Cantaloupe</p>	<p>20 Chef Salad Turkey, Ham, Eggs, Lettuce, Tomato, Cucum- ber Carrots, Shredded Cheese Mandarin Orange Cake Club Crackers</p>	<p>21 Turkey & Dressing Mashed Potatoes Mixed Vegetables Strawberries Birthday Cake Whole Grain Roll</p>	<p>22 Sloppy Joes on Bun Au Gratin Potatoes Calico Baked Beans Waldorf Salad</p>	
<p>25 Ham Hash Brown Casserole Succotash 5 Cup Salad Whole Grain Roll</p>	<p>26 Chicken Salad on Croissant Tomato Medley Pasta Salad Strawberries & Bananas</p>	<p>27 Stuffed Green Peppers Glazed Carrots Mashed Potatoes Banana Pudding w/sliced Bananas</p>	<p>28 Pork Burger On Whole Grain Bun 4 Bean Salad Cold Stewed Tomatoes Melon Medley</p>	<p>29 Beef Tips w/mushroom Gravy over Noodles Brussels Sprouts Corn Apricots</p>	Final

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