

**FRIENDS,
FOOD,
FELLOWSHIP**

**Meals on Wheels of C.E.F.S.
June 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
3 Salisbury Steak Whipped Potatoes Peas Mandarin Oranges Oatmeal Cookies	4 Sub Sandwich On Hoagie Bun Lettuce & Tomato Broccoli/Cauliflower Salad Cantaloupe	5 Swedish Meatballs Mashed Potatoes Succotash Apricots Whole Grain Roll	6 Fried Chicken Potato Salad Green Beans Hot Apple Crisp Biscuit	7 BBQ Pulled Pork On Whole Grain Bun Au Gratin Potatoes 4 Bean Salad Baked Apples	4 Fried Chicken Mashed Potatoes n White Gravy Green Beans Roll Cookie
10 Sweet & Sour Chicken w/pineapple over rice Steamed Broccoli Jell-O w/fruit cocktail	11 Grilled Pork Tenderloin on Whole Grain Bun Roasted Red Potatoes Lima Beans Watermelon	12 Chicken Strips Broccoli Rice & Cheese Carrots Strawberries w/Bananas Whole Grain Bread	13 Taco Salad w/ Tortilla chips Meat & Refried Beans Lettuce, Tomato, Onions Shredded Cheese Apple	14 Egg, Omelet Sausage Hash Browns Hot Herbed Tomatoes Orange Juice Cinnamon Roll	
17 Pork Chop Au Gratin Potatoes BBQ Baked Beans Apricots Texas Sheet Cake Father's Day Meal	18 Bratwurst Grilled Pepper & Onions Grilled Potatoes Blushing Pears Hot Dog Bun	19 Grilled Chicken Beast Baked Potato Broccoli w/cheese Chilled Peaches Peanut butter Coolie	20 Tuna Salad Sandwich Tomato/Cucumber Med- ley Black Bean ^ Corn Salad Watermelon Birthday Cake	21 Meatloaf Scalloped Potatoes Butter Beans Melon Medley Whole Grain Bread	
24 BBQ Baked Chicken Parsley Potatoes Green Beans Whole Grain Bread Banana	25 Hamburger on Bun Lettuce, Tomato, Onion Pickles Potato Salad Kidney Bean Salad Watermelon	26 Chef Salad Turkey, Ham, Egg Lettuce, Tomato, Cucumber, Carrots Shredded Cheese Mandarin Orange Cake Club Crackers	27 Turkey & Dressing Mashed Potatoes Mixed Vegetables Strawberries Whole Grain Roll	28 Sloppy Joes on Bun Au Gratin Potatoes Calico Baked Beans Cantaloupe	
				Meals On Wheels of CEFS 217-347-5569	Final

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