

**FRIENDS,
FOOD,
FELLOWSHIP**

**Meals on Wheels of C.E.F.S.
MARCH 2017 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>If you need a meatless Meal on Friday's during Lent you may order a Fish Sandwich instead of the listed Entrée. Golden Circle Nutrition 217-347-2851</p>		<p>1 Fish on Bun Broccoli Rice Casserole Baked Beans Mandarin Oranges w/bananas</p> <p align="center">ASH WEDNESDAY</p>	<p>2 Vegetable Beef Soup Crackers 1/2 Cheese Salad Sandwich 3 Bean Salad Strawberries w/bananas</p>	<p>3 Lemon Pepper Tilapia Garlic Mashed Potatoes Asparagus Tropical Fruit Cotton Pick'n Good Cake</p>	
<p>6 Lasagna Roll Ups Tossed Salad w/tomatoes Corn Warm Apple Crisp Garlic Bread Stick</p>	<p>7 Polish Sausage Sauerkraut Mashed Potatoes Pumpkin Mousse Whole Grain Bread</p>	<p>8 Turkey Sweet Potatoes Green Beans Peaches Whole Grain Roll</p>	<p>9 Italian Beef on Hoagie Bun German Potato Salad California Blend Veggies Chilled Peaches</p>	<p>10 Stuffed Peppers Glazed Carrots Green Beans Pudding</p>	<p>7 Meatloaf Baked Potato Succotash Cookies Whole Grain Roll</p>
<p>13 Chili Crackers 1/1 Peanut Butter Sandwich Cole Slaw Apricots</p>	<p>14 Fried Chicken Mashed Potatoes & Gravy Mixed Vegetables Strawberries w/bananas Whole Grain Roll</p>	<p>15 Pork Roast Roasted Rosemary Potatoes Lima Beans Mandarin Oranges Oatmeal Raisin Cookies</p>	<p>16 Beef Pepper Steak Over rice Stewed Tomatoes Birthday Cake</p>	<p>17 Corned Beef Cabbage Parsley Red Potatoes Boiled Cartos Potato Bread Pistachio Pudding</p>	
<p>20 Biscuits & Gravy Sausage Patty Hash Brown Casserole Banana Orange Juice</p>	<p>21 Spaghetti w/meat sauce Tossed Salad w/tomatoes 3-Bean Salad Strawberries Garlic Bread Stick</p>	<p>22 Chicken & Noodles Green Beans Carrots Jello w/Fruit Cocktail Whole Grain Roll</p>	<p>23 Roast Beef Mashed Potatoes Butter Beans Apricots Peanut Butter Cookie</p>	<p>24 Baked Potato Soup w/Bacon Crackers 1/2 Peanut butter Sandwich on Whole Grain Bread Broccoli Cauliflower</p>	
<p>27 Pork Chip Baked Potato Seasoned Lima Beans Tropical Fruit</p>	<p>28 Oven Baked Chicken Sweet Potatoes Peas Strawberries</p>	<p>29 Meatloaf Baked Potato Succotash Blushing Pears Whole Grain Roll</p>	<p>30 Beef n Noodles Tossed Salad w/tomatoes California Blend Cherry Crisp</p>	<p>31 Broccoli Cheese Soup Crackers 1/2 Tuna Sandwich on Whole Grain Bread Pea Salad Fruit Cocktail</p>	FINAL

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