


**FRIENDS,
FOOD,
FELLOWSHIP**

**Meals on Wheels of C.E.F.S.
MARCH 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 |
|---|--|---|---|---|--|
| | <p>Meals On Wheels of CEFS 217-347-2851</p> | | | <p>1 Lemon Pepper Tilapia Garlic Mashed Potatoes Asparagus Tropical Fruit Cotton Pickin Good Cake</p> | |
| <p>4 Polish Sausage Sauerkraut Mashed Potatoes Pumpkin Mousse Whole Grain Bread</p> | <p>5 Lasagna Roll Ups Tossed Salad w/tomatoes Corn Warm Apple Crisp Garlic Bread Stick</p> | <p>6 Fish or Chicken on Bun Macaroni & Cheese Stewed Tomatoes Peaches</p> <p>Ash Wednesday †</p> | <p>7 Italian Beef on Hoagie Bun German Potato Salad California Blend Veggies Strawberries w/bananas</p> | <p>8 Oven Fried Fish Sweet Potatoes Green Beans Fruit Cocktail Black Bean Brownie</p> | <p>5 Fried Chicken Baked Potato Green Beans Cookie</p> |
| <p>11 Chili Crackers 1/2 Peanut butter Sand- wich Cole Slaw w/Ramen Noo- dles</p> | <p>12 Fried Chicken Mashed Potatoes Mixed Vegetables Strawberries/bananas Whole Grain Roll</p> | <p>13 Ham & Beans Beets Copper Penny Salad Mandarin Oranges Corn Bread</p> | <p>14 Pork Roast Roasted Rosemary Potatoes Lima Beans Applesauce Oatmeal Raisin Cookie</p> | <p>15 Tuna Noodle Casserole Peas Tossed Salad w/tomatoes Warm Spiced Apples Whole Grain Bread</p> | |
| <p>18 Corn Beef Cabbage Parsley Red Potatoes Boiled Carrots Potato Bread Pistachio Pudding</p> <p>St Pat's Celebration </p> | <p>19 Spaghetti w/ Meat sauce Tossed Salad w/tomatoes 3 bean Salad Strawberries Garlic Bread Stick</p> | <p>20 Biscuits n Gravy Sausage Patty Hash Brown Casserole Banana Orange Juice</p> | <p>21 Roast Beef Mashed Potatoes Butter Beans Apricots Birthday Cake</p> | <p>22 Salmon Patty Creamy Potatoes Carrots Pineapple Chunks Whole Grain Bread</p> | |
| <p>25 Broccoli Cheese Soup Crackers 1/2 Turkey Sandwich on Whole Grain Bread Apple Cabbage Slaw Fruit Cocktail</p> | <p>26 Meatloaf Baked Potato Succotash Blushing Pears Whole Grain Roll</p> | <p>27 Chicken n Dumplings Tossed Salad w/tomatoes California Blend Cherry Crisp</p> | <p>28 Oven Baked Chicken Sweet Potatoes Peas Strawberries</p> | <p>29 Fish on Bun Broccoli Rice Casserole Baked Beans Mandarin Oranges w/bananas Tartar Sauce</p> | <p>Final</p> |

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