



**FRIENDS,
FOOD,
FELLOWSHIP**

**Meals on Wheels of C.E.F.S.
March 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
Meals On Wheels of CEFS 217-347-2851			1 Vegetable Beef Soup Crackers 1/2 Cheese Salad Sandwich 3 Bean Salad Strawberries n bananas	2 Lemon Pepper Tilapia Garlic Mashed Potatoes Asparagus Tropical fruit Cotton Pickin Good Cake	
5 Polish Sausage Sauerkraut Mashed Potatoes Pumpkin Mousse Whole Grain Bread	6 Lasagna Roll Ups Tossed Salad w/tomatoes Corn Warm Apple Crisp Garlic Bread Stick	7 Minestrone Crackers 1/2 Tuna Salad Sandwich On Whole Grain Roll Green Pepper Slaw Mandarin Oranges	8 Italian Beef on Hoagie Bun German Potato Salad California Blend Veggies Chilled Peaches	9 Oven Fried Catfish Sweet Potatoes Green Beans Fruit Cocktail Black Bean Brownie	6 Ham Hash Brown Casserole Green Bean Casserole Layered Salad Roll Carrot Cake w/cream cheese frosting
12 Chili Crackers 1/2 Peanut Butter Sandwich Cole Slaw w/Ramen Noodles Apricots	13 Fried Chicken Mashed Potatoes Mixed Vegetables Strawberries w/bananas Whole Grain Roll	14 Pork Roast Roasted Rosemary Potatoes Lima Beans Mandarin Oranges Oatmeal Raisin Cookie	15 Beef Pepper Steak Over rice Stewed Tomatoes Peaches Birthday Cake	16 Corn Beef n/cabbage Parsley Red Potatoes Boiled Carrots Potato Bread Pistachio Pudding Happy St. Patrick's Day 	
19 Biscuits & Gravy Sausage Patty Hash Brown Casserole Banana Orange Juice	20 Roast Beef Mashed Potatoes Butter Beans Apricots Peanut butter Cookie	21 Potato Soup w/bacon And cheese Crackers 1/2 Egg Salad Sandwich on Whole Grain Bread Broccoli Cauliflower Salad Peaches	22 Spaghetti w/meat sauce Tossed Salad w/ tomatoes 3 Bean Salad Strawberries	23 Salmon Patty Creamy Potatoes Carrots Pineapple Chunks Whole Grain Bread	
26 Broccoli Cheese Soup Crackers 1/2 Turkey Sandwich on Whole Grain Bread Apple Cabbage Slaw Strawberry Jell-O	27 Meatloaf Baked Potato Succotash Blushing Pears Whole Grain Roll	28 Oven Baked Chicken Sweet Potatoes Peas Mandarin Oranges	29 Ham Hash Brown Casserole Green Bean Casserole Layered Salad Roll Carrot Cake w/ cream cheese frosting Happy Easter	30 Closed Good Friday 	FINAL

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