

**FRIENDS,
FOOD,
FELLOWSHIP**

**Meals on Wheels of C.E.F.S.
MAY 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
		1 Biscuits n Gravy Sausage Patty Hash Brown Casserole Banana Orange Juice	2 Roast Beef Mashed Potatoes Butter Beans Apricots Peanut Butter Cookie	3 BBQ Chicken Creamy Potatoes Carrots Pineapple Chunks	
8 Fish on Bun Broccoli Rice Casserole Baked Beans Mandarin Oranges w/ bananas	7 Meatloaf Baked Potato Succotash Blushing Pears Whole Grain Roll	Old Fashioned Beef Stew Cottage Cheese Cole Slaw Cinnamon Applesauce Corn Muffin	9 Oven Baked Chicken Sweet Potatoes Peas Strawberries	10 Chicken & Noodles Tossed Salad w/tomatoes California Blend Cherry Crisp	7 Pork Loin w/sauce Cheesy Potatoes Lettuce Layered Salad Pineapple Upside Down Cake w/whip cream Hawaiian Roll Older Americans Day
13 Chicken Salad w/fruit on Croissant Broccoli Cauliflower Salad Corn Salad Strawberries Mothers Day Meal	14 Sloppy Joes on Bun Potato Wedge Calcio Beans Pineapple	15 Pork Loin w/sauce Cheesy Potatoes Lettuce Layered Salad Pineapple Upside Down Cake w/whip cream Hawaiian Roll Older Americans Day	16 Salisbury Steak Broccoli Mashed Potatoes Birthday Cake Whole Grain Roll	17 Old Fashioned Beef Stew Cottage Cheese Cole Slaw Cinnamon Applesauce Corn Muffin	
20 Swiss Steak Au Gratin Potatoes Spinach Tapioca Pudding Whole Grain Bread	21 Ham & Beans Beets Cole Slaw Mandarin Oranges Corn Bread	22 Turkey Sweet Potatoes Green Beans Peaches Whole Grain Roll	23 Potato Soup w/ bacon 1/2 Peanut butter Sandwich Broccoli Cauliflower Salad Pears	24 Lemon Pepper Tilapia Garlic Mashed Potatoes Asparagus Tropical Fruit Cotton Pickin Good Cake	
27 Closed Memorial Day	28 Polish Sausage Sauerkraut Mashed Potatoes Pumpkin Mousse Whole Grain Bread	29 Italian Beef on Hoagie Bun German Potato Salad California Blend Veggies Chilled Peaches	30 Spaghetti w/meat sauce Tossed Salad w/dressing 3 Bean Salad Strawberries Garlic Break	31 Fried Chicken Sweet Potatoes Green Beans Fruit Cocktail Black Bean Brownie	Final

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