


**FRIENDS,
FOOD,
FELLOWSHIP**

**Meals on Wheels of C.E.F.S.
MAY 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
1 Biscuits & Gravy Sausage Patty Hash Brown Casserole Banana Orange Juice	2 Spaghetti w/meat sauce Tossed Salad w/tomatoes 3 Bean Salad Strawberries Garlic Bread Stick	3 Chicken Breast w/sauce Au gratin Potatoes Peas & Carrots Whole Grain Bread	4 Roast Beef Mashed Potatoes Butter Beans Apricots Peanut Butter Cookie	5 Salmon Patty Creamy Potatoes Carrots Pineapple Chunks Whole Grain Bread	2 Oven Baked Chicken Sweet Potatoes Peas Strawberries
8 Oven Baked Chicken Sweet Potatoes Peas Strawberries	9 Meatloaf Baked Potato Succotash Blushing Pears Whole Grain Roll	10 Broccoli Cheese Soup Crackers 1/2 Turkey Sandwich on Whole Grain Bread Apple Cabbage Slaw Fruit cocktail	11 Chicken Dumplings Tossed Salad w/ tomatoes 3 Bean Salad Strawberries Garlic Bread Stick	12 Fish on Bun Broccoli Rice Casserole Baked Beans Mandarin Oranges w bananas	
15 Old Fashioned Beef Stew Cottage Cheese Cole Slaw Cinnamon Applesauce Corn Muffin	16 Baked Potato Soup w/bacon Crackers 1/2 Egg Salad Sandwich Whole Grain Bread Broccoli Cauliflower Salad Peaches	17 Chicken Penne Pasta Alfredo Broccoli Carrots Jello w/pears Garlic Bread	18 Sloppy Joes on Bun Ranch Potato Wedge Calico Beans Pineapple Birthday Cake	19 Baked Ham Hash Brown Casserole Lima Beans Fresh Orange Whole Grain Roll	
22 Swiss steak Au Gratin Potatoes Spinach Vanilla Pudding Whole Grain Bread	23 Ham & Beans Beets Cole Slaw Mandarin Oranges Corn Bread	24 Turkey Sweet Potatoes Green Beans Peaches Whole Grain Roll	25 Lemon Pepper Tilapia Garlic Mashed Potatoes Asparagus Tropical Fruit Cotton Pickin Good Cake	26 Vegetable Beef Soup Crackers 1/2 Cheese Salad Sandwich 3 Bean Salad Strawberries w/bananas	
29 Closed Memorial Day 	30 Italian Beef on Hoagie Bun German Potato Salad California Blend Veggies	31 Polish Sausage Sauerkraut Mashed Potatoes Pumpkin Mousse Whole Grain Bread		Final	Golden Circle Nutrition 217-347-2851

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