

**FRIENDS,  
FOOD,  
FELLOWSHIP**

**Meals on Wheels of C.E.F.S.  
September 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
2  Closed Labor Day	3 Chicken Fillet Broccoli Rice & Cheese Strawberries w/bananas Whole Grain Bread	4 Sweet N Sour Chicken w/pineapple over rice Steamed Broccoli Jello w/fruit	5 Taco Salad w/tortilla chips, Hamburger & Re- fried Beans, Lettuce, Tomato, Onions and Shredded Cheese Cookie	6 Grilled Pork Tenderloin On Whole Grain Bun Roasted Red Potatoes Lima Beans Watermelon	3 Fried Chicken Mashed Potatoes Gravy Green Beans Cookie
9 Bratwurst Grilled Peppers & Onions Grilled Potatoes Blushing Pears Hot Dog Bun	10 Meatloaf Scalloped Potatoes Butter Beans Melon Medley Whole Grain Bread	11 Grilled Chicken Breast Baked Potato Broccoli w/cheese Chilled Peaches Peanut butter Coolie	12 Tuna Salad Sandwich Tomato/Cucumber Med- ley Black Bean & Corn Salad Watermelon	13 Pork Roast Baked Sweet Potatoes Brussels Sprouts Applesauce Whole Grain Roll	
16 Sloppy Joes on Bun Au Gratin Potatoes Calico Baked Beans Banana	17 BBQ Baked Chicken Parsley Potatoes Green Beans Whole Grain Bread Cantaloupe	18 Hamburger on Bun Lettuce, Tomato, Onion, Pickles Potato Salad Kidney Bean Salad Watermelon	19 Turkey & Dressing Mashed Potatoes Mixed Vegetables Strawberries Birthday Cake Whole Grain Roll	20 Chef Salad Turkey, Ham, Egg, Lettuce, Tomato, Cucumber, Carrots, Shredded Cheese Tropical Fruit Club Crackers	
23 Beef Tips w/ mushroom Gravy over Noodles Brussels Spouts Corn Apricots	24 Ham Hash Brown Casserole Succotash 5-cup Salad Whole Grain Roll	25 Stuffed Green Peppers Glazed Carrots Mashed Potatoes Banana Pudding w/sliced bananas	26 Chicken Salad on Croissant Tomato Medley Waldorf Salad Strawberries & Bananas	27 Pork Burger on Whole Grain Bun 4 Bean Salad Cold Stewed Tomatoes Mandarin Orange Cake	
30 Pork Chops Mashed Potatoes & Gravy Butter Beans Peaches Whole Grain Roll					Final

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