

**FRIENDS,  
FOOD,  
FELLOWSHIP**

**Meals on Wheels of C.E.F.S.  
September 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
<p>3</p> <p align="center"><b>Closed Labor Day</b></p> 	<p>4 Bratwurst Grilled Peppers and Onions Grilled Potatoes Blushing Pears Hot Dog Bun</p>	<p>5 Grilled Chicken Breast Baked Potato Broccoli w/cheese Chilled Peaches Peanut butter Cookie</p>	<p>6 Pork Roast Baked Sweet Potatoes Brussels Sprouts Apple Sauce Whole Grain Roll</p>	<p>7 Meatloaf Scalloped Potatoes Butter Beans Melon Medley Whole Grain Bread</p>	<p>4 Stuffed Green Peppers Glazed Carrots Green Beans Banana Pudding w/Sliced Bananas</p>
<p>10 BBQ Baked chicken Parsley Potatoes Green Beans Whole Grain Bread Banana</p>	<p>11 Turkey &amp; Dressing Mashed Potatoes Mixed Vegetables Strawberries Whole Grain Roll</p>	<p>12 Sloppy Joes on Bun Au Gratin Potatoes Calico Baked Beans Cantaloupe</p>	<p>13 Hamburger on Bun Lettuce Tomato Onion Pickles Potato Salad Kidney Bean Salad Watermelon</p>	<p>14 Chef salad Turkey, Ham, Egg Lettuce, Tomato, Cucumber Carrots, Shredded Cheese Mandarin Orange Cake Club Crackers</p>	
<p>17 Stuffed Green Peppers Glazed Carrots Green Beans Apricots</p>	<p>18 Chicken Salad on Croissant Tomato Medley Copper Penny Salad Strawberries &amp; Bananas</p>	<p>19 Pork Burger on Whole Grain Bun 4 Beans Salad Cold Stewed Tomatoes Melon Medley</p>	<p>20 Beef Tips w/ mushroom Gravy over Noodles Brussels Sprouts Corn Birthday Cake</p>	<p>21 Ham Hash Brown Casserole Succotash 5 Cup Salad Whole Grain Roll</p>	
<p>24 Grilled Chicken Caesar Salad Mandarin Oranges Fresh Banana Garlic Parmesan Bread Stick</p>	<p>25 Pork Chops Roasted Red Potatoes Butter Beans Peaches Whole Grain Roll</p>	<p>26 Mostaccioli w/meat Sauce Carrots &amp; Peas Tossed Salad w/tomatoes Cookie Garlic Bread</p>	<p>27 Fried Chicken Baked Potato Green Beans Strawberries</p>	<p>28 Fish w/tartar sauce Cauliflower w/cheese Baked Beans Cantaloupe Bun</p>	<p align="center">Final  <b>Meals On Wheels of CEFS 217-347-2851</b></p>

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