




**FRIENDS,  
FOOD,  
FELLOWSHIP**

**Meals on Wheels of C.E.F.S.  
April 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
2 Chicken Penne Pasta Alfredo Broccoli Carrots Jello w/fruit Garlic Bread	3 Sloppy Joes on Bun Ranch Potato Wedges Calico Beans Pineapple	4 Old Fashioned Beef Stew Cottage Cheese Cole Slaw Cinnamon Applesauce Corn Muffin	5 Baked Potato Soup With cheese and bacon Broccoli Cauliflower Salad Peaches Cookie	6 BBQ Pork Sandwich Potato Wedge Succotash Kiwi Fruit 	3 Fried Chicken Mashed Potatoes Gravy Green Beans Peaches Cookie
9 Swiss Steak Au Gratin Potatoes Spinach Vanilla Pudding Whole Grain Bread	10 Ham & Beans Beets Cole Slaw Mandarin Oranges Corn Bread 	11 Turkey Sweet Potatoes Green Beans Peaches Whole Grain Roll	12 Vegetable Beef Soup Crackers 1/2 Cheese Salad Sand- wich 3 Bean Salad Strawberries & Bananas	13 Glazed Pork Chop Garlic Mashed Potatoes Asparagus Tropical Fruit Cotton Pickin Good Cake	
16 Polish Sausage Sauerkraut Mashed Potatoes Pumpkin Mousse Whole Grain Bread	17 Lasagna Roll Ups Tossed Salad w/tomatoes Corn Warm Apple Crisp Garlic Bread Stick	18 Minestrone Crackers 1/2 Tuna Salad Sandwich On Whole Grain Roll Green Pepper Slaw Mandarin Oranges	19 Italian Beef on Ho- gie Bun German Potato Salad California Blend Veggies Birthday Cake	20 Salisbury Steak Mashed Potatoes & Gravy Yellow Squash Plums	
23 Chili Crackers 1/2 Peanut Butter Sand- wich Cole Slaw w/Ramen Noo- dles Apricots	24 Fried Chicken Mashed Potatoes Mixed Vegetables Strawberries w/bananas Whole Grain Roll	25 Pork Roast Roasted Rosemary Potatoes Lima Beans Mandarin Oranges Oatmeal Raisin Cookie	26 Beef Pepper Steak Over rice Stewed Tomatoes Peaches	27 Meatloaf Baked Potato Lima Beans Mixed Fruit	
30 Biscuits & Gravy Sausage Patty Hash Brown Casserole Banana Orange Juice 				<b>Golden Circle Nutrition 217-347-2851</b>	

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