



**FRIENDS,  
FOOD,  
FELLOWSHIP**

**Meals on Wheels of C.E.F.S.  
August 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
	<b>Meals On Wheels of CEFS 217-347-2851</b>	1 Chef salad Turkey, Ham, Egg Lettuce, Tomato, Cucum- ber Carrots, Shredded Cheese Mandarin Orange Cake Club Crackers	2 Turkey & Dressing Mashed Potatoes Mixed Vegetables Strawberries Whole Grain Roll	3 Sloppy Joes on Bun Au Gratin Potatoes Calico Baked Beans Cantaloupe	
6 Beef Tips w/ mushroom Gravy over Noodles Brussels Sprouts Corn Apricots	7 Chicken salad on Croissant Tomato Medley Waldorf Salad Strawberries & Bananas	8 Stuffed Green Peppers Glazed Carrots Green Beans Banana Pudding w/Sliced Bananas	9 Pork Burger on Whole Grain Bun 4 Beans Salad Cold Stewed Tomatoes Melon Medley	10 Ham Hash Brown Casserole Succotash 5 Cup Salad Whole Grain Roll	7 Fried Chicken Mashed Potatoes Gravy Green Beans Cookies Roll
13 Grilled Chicken Cae- sar Salad Mandarin Oranges Fresh Banana Garlic Parmesan Bread Stick	14 Pork Chops Roasted Red Potatoes Butter Beans Peaches Whole Grain Roll	15 Fried Chicken Baked Potato Green Beans Strawberries	16 Mostaccioli w/meat Sauce Carrots & Peas Tossed Salad w/tomatoes Birthday Cake Garlic Bread	17 Fish w/tartar sauce Cauliflower w/cheese Baked Beans Cantaloupe Bun	
20 Swedish Meatballs Mashed Potatoes Succotash Apricots Whole Grain Roll	21 Fried Chicken Potato Salad Green Beans Hot Cherry Crisp Biscuit	22 Salisbury Steak Whipped Potatoes Peas Mandarin Oranges Oatmeal Cookie	23 BBQ Pulled Pork Au Gratin Potatoes 4 Bean Salad Baked Apples Bun	24 Sub Sandwich on Hoagie Bun Lettuce & Tomato Broccoli Cauliflower Salad Watermelon	
27 Chicken Strips Broccoli Rice & Cheese Carrots Strawberries w/bananas Whole Grain Bread	28 Egg, Sausage Omelet Biscuit & Gravy Hash Browns Hot Herbed Tomatoes	29 Sweet N Sour Chicken w/pineapple over rice Steamed Broccoli Jell-O w/fruit Cocktail Whole Grain Bread	30 Taco Salad w Tortilla Chips Meat & Refried Beans Lettuce, Tomato, Onions Shredded Cheese Apple	31 Grilled Pork Tenderloin Roasted Red Potatoes Lima Beans Whole Grain Roll Watermelon 	Final

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