


**FRIENDS,
FOOD,
FELLOWSHIP**

**Meals on Wheels of C.E.F.S.
August 2017 MENU
CALL THE DAY BEFORE TO RESERVE MEAL**

**Suggested Donation
\$3.00 Congregate Meal
\$3.25 Delivered Meal**

Mon	Tue	Wed	Thu	Fri	Tuesday Evening Meal
Golden Circle Nutrition 217-347-2851	1 BBQ Baked Chicken Parsley Potatoes Green Beans Whole Grain Bread Banana	2 Chef Salad Turkey, Ham, Egg, Lettuce, Tomato, Cucumber, Car- rots, Shredded Cheese Mandarin Orange Cake Club Crackers	3 Turkey & Dressing Mashed Potatoes Mixed vegetables Strawberries Whole Grain Roll	4 Sloppy Joes on Bun Au Gratin Potatoes Calico Baked Beans Cantaloupe	1 Meatloaf Mashed Potatoes Gravy Green Beans Cookie 
7 Ham Hash Brown Casserole Succotash 5 Cup Salad Whole Grain Roll	8 Stuffed Green Peppers Glazed Carrots Mashed Potatoes Banana Pudding w/sliced bananas	9 Chicken Salad on Croissant Pea Salad Tossed Salad w/tomatoes Waldorf Salad	10 Pork Burger on Whole Grain Bun 4 Beans Salad Cold Stewed Tomatoes Melon Medley	11 Beef Tips w/ mushrooms over Noo- dles Brussels Sprouts Corn Apricots	
14 Grilled Chicken Caesar Salad Mandarin Oranges and Bananas Garlic Parmesan Bread Stick Graham Crackers	15 Pork Chops Roasted Red Potatoes Butter Beans Peaches Whole Grain Roll	16 Lasagna w/meat sauce Carrots & Peas Tossed Salad w/tomatoes Baked Apples Garlic Bread	17 Cooks Choice Birthday Cake	18 Fish on Bun Macaroni & Cheese Seasoned Lima Beans Cantaloupe	
21 Salisbury Steak Whipped Potatoes Peas Mandarin Oranges Oatmeal Cookies	22 Fried Chicken Potato Salad Green Beans Cherry Crisp Biscuits	23 Sub Sandwich on Hoagie Bun Lettuce & Tomato Broccoli Cauliflower Salad Cantaloupe	24 Swedish Meatballs Mashed Potatoes Succotash Apricots Whole Grain Roll	25 BBQ Pulled Pork On Whole Grain Bun Au Gratin Potatoes 4 Bean Salad Baked Apples	
28 Grilled Pork Tenderloin Whole Grain Bun Roasted Red Potatoes Lima Beans Jello w/fruit cocktail	29 Taco Salad w/tortilla Chips Meat & Refried Beans Lettuce, Tomato, Onions Shredded Cheese Peaches & Cookie	30 Sweet & Sour Chicken w/Pineapple over Rice Steamed Broccoli Watermelon	31 Biscuits & Sausage Gravy Sausage Patty Hash Brown Casserole Banana Orange Juice		Final

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