


**FRIENDS,
FOOD,
FELLOWSHIP**

**Meals on Wheels of C.E.F.S.
JANUARY 2017 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 HAPPY NEW YEAR Closed | 3 Closed | 4 Biscuits & Gravy Sausage Patties Shredded Hash Browns Fresh Orange Apple Juice | 5 Fried Chicken Roasted Potatoes Lima Beans Strawberries & Bananas Whole Grain Roll | 6 Potato Soup Crackers 1/2 Tuna Salad Sandwich Slice of Cheese Broccoli Cauliflower Salad Chilled Apricots | |
| 9 Sloppy Joes on Bun Scalloped Potatoes Calico Baked Beans Strawberries | 10 Cooks Choice | 11 Broccoli Cheese Soup Crackers 1/2 Ham Sandwich on Whole Grain Bread Green Pea Salad Blushing Pears | 12 Meatloaf Whipped Potatoes Butter Beans Mandarin Oranges Oatmeal Cookie | 13 Pork Roast Glazed Sweet Potatoes Cooked Cabbage Cranberry Relish Whole Grain Bread | 10 Meatloaf Whipped Potatoes Butter Beans Mandarin Oranges Oatmeal Cookie  |
| 16 Closed Martin Luther King Holiday | 17 Chili Crackers Cottage Cheese Asian Cole Slaw Chilled Pears Corn Bread | 18 Oven Baked Chicken Whipped Potatoes Mixed Vegetables Mixed Fruit Roll | 19 Meatball Sub Mashed Potatoes Succotash Birthday Cake Whole Grain Roll | 20 Chicken Teriyaki over rice Steamed Broccoli Tomatoes & Zucchini Oranges w/bananas Biscuit | |
| 23 Fish Sandwich Au Gratin Potatoes Baked Beans Strawberries w/bananas | 24 Country Fried Steak Mashed Potatoes & Gravy Green Beans Apricots Whole Grain Bread | 25 Pork Chop Baked Potato Seasoned Lima Beans Tropical Fruit | 26 Pork Eggroll oriental veggies Tossed Salad w/ tomatoes Hot Cheery Crisp | 27 Ham & Beans Cole Slaw Beets Peaches Cornbread | |
| 30 Beef Stroganoff over Noodles Gourmet Carrots Green Beans Pineapple Chunks | | | | | Golden Circle Nutrition 217-347-2851 Final |

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