


**FRIENDS,  
FOOD,  
FELLOWSHIP**

**Meals on Wheels of C.E.F.S.  
January 2019 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  <b>Closed New Years Day</b>	2 Biscuits N Gravy Sausage & Patties Shredded Hash Browns Fresh Orange Apple Juice	3 Fried Chicken Roasted Potatoes Lima Beans Strawberries & Bananas Whole Grain Roll	4 Lasagna Tossed Salad w/tomatoes Spiced Apples Black Bean Brownie Garlic Bread Stick	
7 Chicken Pot Pie Creamy Cole Slaw Cottage Cheese Peaches Biscuits	8 Meatloaf Whipped Potatoes Butter Beans Mandarin Oranges Oatmeal Cookie	9 Broccoli Cheese Soup Crackers 1/2 Ham Sandwich on Whole Grain Bread Green Pea Salad Blushing Pears	10 Pork Roast Glazed Sweet Potatoes Cooked Cabbage Cottage Cheese w/ peaches Whole Grain Bread	11 Sloppy Joes on Bun Scalloped Potatoes Calico Baked Beans Strawberries	8 Fried Chicken Mashed Potatoes Green Beans Applesauce Cookie Roll
14 Roast Beef Mashed Potatoes Succotash Pineapple Whole Grain Rol	15 Oven baked Chicken Baked Potatoes Mixed Vegetables Mixed Fruit Roll	16 Chili Crackers Cottage Cheese Asian Cole Slaw Chilled Pears Corn Bread	17 Chicken Ala King Steamed Broccoli Tomatoes & Zucchini Birthday Cake Biscuit	18 Tuna Noodle Casserole Peas & Carrots Tossed Salad w/tomatoes Warm Peach Crisp Whole Grain Bread	
21 <b>Closed</b>  <b>Martin Luther King Holiday</b>	22 Pork Chop Baked Potato Seasoned Lima Beans Tropical Fruit	23 Fish on Bun Au Gratin Potatoes Baked Beans Strawberries w/bananas Tartar Sauce	24 Spaghetti w/ meat sauce Tossed Salad w/tomatoes Corn Hot Cherry Crisp Garlic Bread	25 Country Fried Steak Mashed Potatoes & Gravy California Blend Apricots Whole Grain Bread	
28 Beef Stroganoff Over Noodles Gourmet Carrots Green Beans Pineapple Chunks	29 Salisbury Steak Mashed Potatoes Broccoli & Cauliflower Pudding Whole Grain Bread	30 Pork Cutlet Au gratin Potatoes Broccoli & Cauliflower Apricots Whole Grain Bread	31 Santa Fe Soup Crackers 1/2 Cheese Salad Sand- wich on Whole Grain Bread 4 Bean Salad Apple Cake w/cream cheese icing		<b>Final</b>

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