


**FRIENDS,
FOOD,
FELLOWSHIP**

**Meals on Wheels of C.E.F.S.
July 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
3 Pork Chops Roasted Red Potatoes Butter Beans Peaches Whole Grain Roll	4 CLOSED JULY 4TH 	5 Grilled Chicken Caesar Salad Mandarin Oranges Fresh Banana Garlic Parmesan Bread Stick Graham Cracker	6 Mostaccioli w/meat Sauce Carrots & Peas Tossed Salad w/ tomatoes Baked Apples Garlic Bread	7 Fish on Bun Cauliflower w//cheese Season Lima Beans Cantaloupe	
10 Salisbury Steak Whipped Potatoes Peas Mandarin Oranges Oatmeal Cookies	11 Sub Sandwich on Hoagie Bun Lettuce & Tomato Broccoli Cauliflower Salad Cantaloupe	12 Fried Chicken Potato Salad Green Beans Hot Apple Crisp Biscuits	13 Swedish Meatballs Mashed Potatoes Succotash Apricots Whole Grain Roll	14 BBQ Pulled Pork On Whole Grain Bun Au Gratin Potatoes 4 Bean Salad Baked Apples	11 Pork Roast Baked Sweet Potatoes Brussels Sprouts Apple Sauce Whole Grain Roll
17 Sweet Sour Chicken w/pineapple over rice Steamed Broccoli Jell-O w/fruit cocktail	18 Taco Salad w/tortilla chips Meat & Refried Beans Lettuce Tomato Onions Shredded Cheese Apple	19 Chicken Strips Broccoli Rice & Cheese Carrots Strawberries w/bananas Whole Grain Bread	20 Biscuits & Gravy Sausage Patty Shredded Hash Browns Fresh Orange Apple Juice	21 Grilled Pork Tenderloin Whole Grain Bun Lima Beans Watermelon	
24 Bratwurst Grilled Peppers & Onions Grilled Potatoes Blushing Pears Hot Dog Bun	25 Meatloaf Scalloped Potatoes Butter Beans Melon Medley Whole Grain Bread	26 Grilled Chicken Breast Baked Potato Broccoli w/cheese Chilled Peaches Peanut Butter Coolie	27 Tuna Salad Sandwich Tomato Cucumber Medley Black Bean and Corn Watermelon	28 Pork Roast Baked Sweet Potatoes Brussels sprouts Apple Sauce Whole Grain Roll	
31 Hamburger on Bun Lettuce, Tomato, Onion, Pickles Potato Salad Kidney Bean Salad Watermelon				Final	Golden Circle Nutrition 217-347-2851

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