

**FRIENDS,  
FOOD,  
FELLOWSHIP**

**Meals on Wheels of C.E.F.S.  
June 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
<b>Golden Circle Nutrition 217-347-2851</b>			1 Swedish Meatballs Mashed Potatoes Succotash Apricots Whole Grain Roll	2 BBQ Pulled Pork On Whole Grain Bun Au Gratin Potatoes 4 Bean Salad Baked Apples	
5 Sweet & Sour Chicken w/pineapple over rice Steamed Broccoli Jello w/fruit cocktail	6 Grilled Pork Tenderloin On Whole Grain Bun Roasted Red Potatoes Lima Beans Watermelon	7 Chicken Strips Broccoli Rice & Cheese Carrots Strawberries w/bananas Whole Grain Bread	8 Taco Salad w/tortilla Chips Meat & Refried Beans Lettuce, Tomato, Onions, Shredded Cheese Apple	9 Egg & Sausage Breakfast Casserole Hash Browns Hot Herbed Tomatoes Orange Cinnamon Roll	6 Fried Chicken Mashed Potatoes & Gravy Green Beans Watermelon
12 Bratwurst Grilled Peppers & Onions Grilled Potatoes Blushing Pears Hot Dog Bun	13 Meatloaf Scalloped Potatoes Butter Beans Melon Medley Whole Grain Bread	14 Grilled Chicken Breast Baked Potato Broccoli w/cheese Chilled Peaches Peanut Butter Cookie	15 Tuna Salad Sandwich Tomato/Cucumber Medley Black Bean & Corn Salad Birthday cake	16 Pork Roast Baked Sweet Potatoes Brussels Sprouts Apple Sauce Whole Grain Roll	
19 BBQ Baked Chicken Parsley Potatoes Green Beans Whole Grain Bread Banana	20 Hamburger on Bun Lettuce, Tomato, Onion, Pickles Potato Salad Kidney Bean Salad Watermelon	21 Chef Salad Turkey, Ham, Egg, Lettuce, Tomato, Cucumber, Carrots, Shredded Cheese Mandarin Orange Cake Club Crackers	22 Turkey & Dressing Mashed Potatoes Mixed Vegetables Strawberries Whole Grain Roll	23 Sloppy Joes on Bun Au Gratin Potatoes Calico Baked Beans Cantaloupe	
26 Ham Hash Brown Casserole Succotash 5 Cup Salad Whole Grain Roll	27 Chicken Salad on Croissant Tomato Medley Waldorf Salad Strawberries & Bananas	28 Stuffed Green Peppers Glazed Carrots Green Beans Banana Pudding w/sliced bananas	29 Pork Burger On Whole Grain Bun 4 Bean salad Cold Stewed Tomatoes Melon Medley	30 Beef Tips w/ Mushroom gravy over Noodles Brussels Sprouts Corn Apricots	Final

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