

**FRIENDS,
FOOD,
FELLOWSHIP**

**Meals on Wheels of C.E.F.S.
May 2018 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
Meals on Wheels of CEFS 217-347-2851	1 Spaghetti w/meat sauce Tossed Salad w/tomatoes 3-Bean Salad Strawberries Garlic Bread Stick	2 Roast Beef Mashed Potatoes Butter Beans Apricots Peanut Butter Cookie	3 Sweet n Sour Pork Rice, Oriental veggies Vegetable Egg Roll Pineapple Chunks	4 BBQ Riblet on Bun Succotash Rosemary Potatoes Angel Food Cake	1 Rib Eye Baked Potato Green Beans Layered Lettuce Salad Texas Sheet Cake Roll Older Americans Day
7 Fish on Bun Broccoli Rice Casserole Baked Beans Mandarin Oranges w/ bananas	8 Meatloaf Baked Potato Succotash Blushing Pears Whole Grain Roll	9 Broccoli Cheese soup Crackers 1/2 turkey Sandwich on Whole Grain Bread Apple Cabbage Slaw Fruit Cocktail	10 Oven Baked Chicken Sweet Potatoes Peas Strawberries	11 Chicken & Dumplings Tossed Salad w/tomatoes California Blend Cherry Crisp	
14 Chicken Penne Pasta Alfredo Broccoli Carrots Jell-O w/fruit Garlic Bread	15 BBQ Pork Sandwich Potato Wedge Succotash Brownie (Black Bean)	16 Baked Potato Soup With cheese and Bacon Broccoli Cauliflower Salad Peaches Cookie	17 Old Fashioned Beef Stew—Corn Muffin Cottage Cheese Cole Slaw Cinnamon Applesauce Birthday Cake	18 Sloppy Joes on Bun Ranch Potato Wedges Calico Beans Pineapple	
21 Swiss Steak Au Gratin Potatoes Spinach Vanilla Pudding Whole Grain Bread	22 Rib Eye Baked Potato Green Beans Layered Lettuce Salad Texas Sheet Cake Roll Older Americans Day	23 Ham & Beans Beets Cole Slaw Mandarin Oranges Corn Bread	24 Turkey Sweet Potatoes Green Beans Peaches Whole Grain Roll	25 Vegetable Beef Soup Crackers 1/2 Cheese Salad Sandwich 3 Bean Salad Strawberries & Bananas	
28 Closed Memorial Day	29 Salisbury Steak Mashed Potatoes & Gravy Yellow Squash Plums	30 Lasagna Roll Ups Tossed Salad w/tomatoes Corn Warm Apple Crisp Garlic Bread Stick	31 Italian Beef on Ho- gie Bun German Potato Salad California Blend Veggies Chilled Peaches		Final

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