


**FRIENDS,  
FOOD,  
FELLOWSHIP**

**Meals on Wheels of C.E.F.S.  
November 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
<p><b>Meals On Wheels of CEFS 217-347-2851</b></p>			<p>1 Spaghetti w/meat sauce Tossed Salad w/tomatoes Corn Hot Cherry Crisp</p>	<p>2 Sausage Egg Cheese Casserole Apple Cinnamon Squash Orange Juice Banana</p>	
<p>5 Beef Stroganoff over Noodles Gourmet Carrots Green Beans Pineapple Chunks</p>	<p>6 Ham Hash Brown Casserole Brussels Sprouts Chilled Peaches Whole Grain Roll</p>	<p>7 Cabbage Roll Whipped Potatoes Black Eyed peas Apple Cake w/cream Cheese Icing</p>	<p>8 Pork Cutlet Mashed Potatoes Broccoli &amp; Cauliflower Apricots Whole rain Bread</p>	<p>9 Chili Crackers Cottage Cheese Asian Cole Slaw Chilled Pears Cornbread</p>	<p>6 Turkey &amp; Dressing Sweet Potatoes Green Bean Casserole Cranberry Salad Roll Pumpkin Pie w/topping</p>
<p>12  <b>Closed</b> Veterans' Day  </p>	<p>13 Italian Beef on Hoagie Bun Roasted Red Potatoes Green Beans Jell-O w/fruit</p>	<p>14 Turkey Mashed Potatoes Brussels Sprouts Whole Grain Roll Pumpkin Mousse</p>	<p>15 Grilled Chicken Tenderloin Fried Rice Steamed Broccoli Hot Stewed Tomatoes Birthday Cake</p>	<p>16 Santa Fe Soup Crackers 1/2 Cheese Salad Sandwich On Whole Grain Bread Creamy Cole Slaw Apricots</p>	
<p>19 Biscuits N Gravy Sausage Patties Shredded Hash Browns Fresh Orange Apple Juice</p>	<p>20 Fried Chicken Roasted Potatoes Lima Beans Strawberries &amp; Bananas Whole Grain Roll</p>	<p>21 Turkey &amp; Dressing Sweet Potatoes Green Bean Casserole Cranberry Salad Roll Pumpkin Pie w/topping</p>	<p>22  <b>Closed</b> Thanksgiving Day  </p>	<p>23  <b>Closed</b> Thanksgiving Holiday  </p>	
<p>26 Broccoli Cheese Soup Crackers 1/2 Ham Sandwich on Whole Grain Bread Green Pea Salad Blushing Pears</p>	<p>27 Meatloaf Whipped Potatoes Butter Beans Mandarin Oranges Oatmeal Cookie</p>	<p>28 Chicken Pot Pie Creamy Cole Slaw Pickled Beets Biscuits Strawberries</p>	<p>29 Sloppy Joes on Bun Scalloped Potatoes Calico Baked Beans Fruit Salad</p>	<p>30 Pork Roast Glazed Sweet Potatoes Cooked Cabbage Cranberry Relish Whole Grain Bread</p>	<p>Final</p>

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