

**FRIENDS,  
FOOD,  
FELLOWSHIP**

**Meals on Wheels of C.E.F.S.  
November 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 Pork Chop Baked Potato Seasoned Lima Beans Tropical Fruit	2 Pizza Bake Tossed Salad w/ tomatoes Corn Hot Cherry Crisp	3 Salisbury Steak Mashed Potatoes & Gravy Green Beans Banana	
6 Beef Stroganoff over Noodles Gourmet Carrots Green Beans Pineapple Chunks	7 Ham Hash Brown Casserole Brussels Sprouts Chilled Peaches Whole Grain Roll	8 Fried Chicken Mashed Potatoes & Gravy Calico Beans Apple Cake w/Cream Cheese Icing	9 Pork Cutlet Au gratin Potatoes Broccoli & Cauliflower Apricots Whole Grain Bread	10  Closed Veterans Day	7 Turkey n Dressing Mashed Potatoes & Gravy Green Bean Casserole Whole Grain Roll Pumpkin Pie w/topping
13 Ham & Beans Cole Slaw Beets Peaches Corn Bread	14 Italian Beef on Hoagie Bun Roasted Red Potatoes Green Beans Jello w/fruit	15 Potato Soup w/ Cheese and Bacon Crackers 1/2 Tuna Salad Sandwich Broccoli Cauliflower Salad Chilled Apricots	16 Grilled Chicken Tenderloin Cheesy Rice Steamed Broccoli Hot Stewed Tomatoes Birthday Cake	17 Beef Vegetable Soup 1/2 Egg Salad Sandwich Whole Grain Bread Asian Salad Apricots	
20 Biscuits & Gravy Sausage Patties Shredded Hash Browns Fresh Orange Apple Juice	21 Fried Chicken Roasted Potatoes Lima Beans Strawberries & Bananas Whole Grain Roll	22 Turkey n Dressing Mashed Potatoes & Gravy Green Bean Casserole Whole Grain Roll Pumpkin Pie w/topping	23  Closed Happy Thanksgiving	24  Closed Thanksgiving Holiday	
27 Chicken Pot Pie Creamy Cole Slaw Apricots Grahams Crackers Biscuits	28 Meatloaf Whipped Potatoes Butter Beans Mandarin Oranges Oatmeal Cookie	29 Broccoli Cheese Soup Crackers 1/2 Ham Sandwich on Whole Grain Bread Green Pea Salad Blushing Pears	30 Pork Roast Glazed Sweet Potatoes Cooked Cabbage Cranberry Relish Whole Grain Bread		Final

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