




**FRIENDS,
FOOD,
FELLOWSHIP**

**Meals on Wheels of C.E.F.S.
October 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
1 Ham & Beans Cole Slaw Beets Peaches Cornbread	2 Italian Beef on Hoagie Bun Roasted Red Potatoes Green Beans Jell-O w/fruit	3 Turkey Mashed Potatoes Brussels Sprouts Whole Grain Roll Pumpkin Mousse	4 Grilled Chicken Tenderloin Fried Rice Steamed Broccoli Hot Stewed Tomatoes Fruit Cocktail	5 Santa Fe Soup Crackers 1/2 Cheese Salad Sandwich On Whole Grain Bread Creamy Cole Slaw Apricots	2 Fried Chicken Mashed Potatoes White Gravy Green Beans Cookie
8 Closed Columbus Day	9 Fried Chicken Roasted Potatoes Lima Beans Strawberries & Bananas Whole Grain Roll	10 Potato Soup Crackers 1/2 Tuna Salad Sandwich Slice of Cheese Broccoli Cauliflower Salad Chilled Apricots	11 Lasagna Tossed Salad w/tomatoes Spiced Apples Black Beans Brownie Garlic Bread	12 Chicken & Noodles Spinach Glazed Carrots Chilled Pineapple Whole Grain Bread	
15 Broccoli Cheese Soup Crackers 1/2 Ham Sandwich on Whole Grain Bread Green Pea Salad Blushing Pears	16 Meatloaf Whipped Potatoes Butter Beans Mandarin Oranges Oatmeal Cookie	17 Chicken Pot Pie Creamy Cole Slaw Pickled Beets Biscuits Strawberries	18 Sloppy Joes on Bun Scalloped Potatoes Calico Baked Beans Birthday Cake	19 Pork Roast Glazed Sweet Potatoes Cooked Cabbage Cranberry Relish Whole Grain Bread	
22 Tuna Noodle Casse- role Peas & Carrots Tossed Salad w/tomatoes Warm Peach Crisp Whole Grain Bread	23 Chili Crackers Cottage Cheese Asian Cole Slaw Chilled Pears Cornbread	24 Swiss Steak Steamed Broccoli Mixed Vegetables Oranges w/bananas Biscuit	25 Roast Beef Mashed Potatoes Succotash Pineapple Whole Grain Roll	26 Oven Baked Chicken Whipped Potatoes Tomatoes & Zucchini Mixed Fruit Biscuit	
29 Fish Sandwich on Bun Gourmet Carrots Green Beans Pineapple Chunks	30 Country Fried Steak Mashed Potatoes & Gravy Corn Apricots Whole Grain Bread	31 Pork Chop Baked Potato Seasoned Lima Beans Tropical Fruit 		Final Meals On Wheels of CEFS 217-347-2851	

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