

**FRIENDS,  
FOOD,  
FELLOWSHIP**

**Meals on Wheels of C.E.F.S.  
October 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
2 Ham & Beans Cole Slaw Beets Peaches Corn Bread	3 Italian Beef on Hoagie Bun Roasted Red Potatoes Green Beans Jell-o w/fruit	4 Turkey Mashed Potatoes Brussels Sprouts Whole Grain Roll Pumpkin Mousse	5 Grilled Chicken Tenderloin Cheesy Rice Steamed Broccoli Hot Stewed Tomatoes Fruit Cocktail	6 Santa Fe Soup Crackers 1/2 Cheese Salad Sandwich Whole Grain Bread Creamy Cole Slaw Apricots	3 Meatloaf Whipped Potatoes Butter Beans Mandarin Oranges Oatmeal Cookie
9  Closed Columbus Day	10 Fried Chicken Roasted Potatoes Lima Beans Strawberries & Bananas Whole Grain Roll	11 Potato Soup w/ Cheese and Bacon Crackers 1/2 Tuna Salad Sandwich Broccoli Cauliflower Salad Chilled Apricots	12 Lasagna Tossed Salad w/ tomatoes Spiced Apples Black Bean Brownie Garlic Bread Stick	13 Chicken & Noodles Spinach Glazed Carrots Chilled Pineapple Whole Grain Bread	
16 Broccoli Cheese Soup Crackers 1/2 Ham Sandwich on Whole Grain Bread Green Pea Salad Blushing Pears	17 Meatloaf Whipped Potatoes Butter Beans Mandarin Oranges Oatmeal Cookie	18 Chicken Pot Pie Creamy Cole Slaw Apricots Grahams Crackers Biscuits	19 Sloppy Joes on Bun Scalloped Potatoes Calico Baked Beans Birthday Cake	20 Pork Roast Glazed Sweet Potatoes Cooked Cabbage Cranberry Relish Whole Grain Bread	
23 Chili Crackers Cottage Cheese Asian Cole Slaw Chilled Pears Corn Bread	24 Tuna Noodle Casserole Peas & Carrots Tossed Salad w/tomatoes Warm Peach Crisp Whole Grain Bread	25 Chicken Ala King Steamed Broccoli Tomatoes & Zucchini Oranges w/bananas Biscuits	26 Roast Beef Mashed Potatoes Succotash Pineapple Whole Grain Roll	27 Oven Baked Chicken Whipped Potatoes Mixed Vegetables Mixed Fruit Roll	
30 Fish Sandwich on Bun Au Gratin Potatoes Baked Beans Strawberries w/bananas	31 Country Fried Steak Mashed Potatoes & Gravy Green Beans Apricots Whole Grain Bread 				<b>Golden Circle Nutrition 217-347-2851</b>  Final

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