


**FRIENDS,
FOOD,
FELLOWSHIP**

**Meals on Wheels of C.E.F.S.
Sept 2017 MENU
CALL THE DAY BEFORE TO RESERVE MEAL**

**Suggested Donation
\$3.00 Congregate Meal
\$3.25 Delivered Meal**

Mon	Tue	Wed	Thu	Fri	
<p>Golden Circle Nutrition 217-347-2851</p>				<p>1 Meatloaf Scalloped Potatoes Butter Beans Melon Medley Whole Grain Bread</p>	
<p>4 Closed</p> 	<p>5 BBQ Chicken Parsley Potatoes Green Beans Whole Grain Bread Banana</p>	<p>6 Hamburger on Bun Lettuce, Tomato, Onion, Pickles, Potato Salad Kidney Bean Salad Watermelon</p>	<p>7 Chef Salad Turkey, Ham, Egg Lettuce, Tomato, Cucumber, Carrots, Shredded Cheese Mandarin Orange Cake Club Crackers</p>	<p>8 Slopped Joes on Bun Au Gratin Potatoes Calico Baked Beans Cantaloupe</p>	<p>5 Stuffed Green Peppers Glazed Carrots Mashed Potatoes Banana Pudding w/sliced bananas</p>
<p>11 Chicken Salad On Croissant Pea Salad Tossed Salad w/tomatoes Waldorf Salad</p>	<p>12 Pork Burger on Whole Grain Bun 4 Bean Salad Cold Stewed Tomatoes Melon Medley</p>	<p>13 Beef Tips w/ mushrooms over noodles Brussels Sprouts Corn Apricots</p>	<p>14 Stuffed Green Peppers Glazed Carrots Mashed Potatoes Banana Pudding w/ Sliced Bananas</p>	<p>15 Ham Hash Brown Casserole Succotash 5 Cup Salad Whole Grain Roll</p>	
<p>14 Grilled Chicken Caesar Salad Mandarin Oranges and Bananas Garlic Parmesan Bread Stick Graham Crackers</p>	<p>15 Cooks Choice</p>	<p>16 Lasagna w/meat sauce Carrots & Peas Tossed Salad w/tomatoes Baked Apples Garlic Bread</p>	<p>17 Pork Chops Roasted Red Potatoes Butter Beans Birthday Cake Whole Grain Roll</p>	<p>18 Fish on Bun Macaroni & Cheese Seasoned Lima Beans Cantaloupe</p>	
<p>21 Fried Chicken Potato Salad Green Beans Cherry Crisp Biscuits</p>	<p>22 Salisbury Steak Whipped Potatoes Peas Mandarin Oranges Oatmeal Cookies</p>	<p>23 Sub Sandwich on Hoagie Bun Lettuce & Tomato Broccoli Cauliflower Salad Cantaloupe</p>	<p>24 BBQ Pulled Pork On Whole Grain Bun Au Gratin Potatoes 4 Bean Salad Baked Apples</p>	<p>25 Swedish Meatballs Mashed Potatoes Succotash Apricots Whole Grain Roll</p>	<p>FINAL</p>

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