


## Peace Meal Senior Nutrition Program July 2026

<b>29</b> <b>Ham &amp; Beans</b> <b>Cornbread</b> <b>Copper Carrots</b> <b>Applesauce</b>	<b>30</b> <b>Meatloaf</b> <b>Twice Baked</b> <b>Mashed Potatoes</b> <b>Lima Beans</b> <b>Hawaiian Salad</b> <b>Bread/Roll</b>	<b>1</b> <b>Chicken Strips</b> <b>Scalloped Potatoes</b> <b>Green Beans</b> <b>Mandarin Oranges</b> <b>Bread/Roll</b>	<b>2</b> <b>Spaghetti</b> <b>&amp; Meat Sauce</b> <b>Seasoned Greens</b> <b>Corn</b> <b>Broccoli Salad</b>	<b>3</b> Closed  <b>In Observance of the</b> <b>4<sup>th</sup> July</b>
<b>6</b> <b>BBQ Pork Riblet</b> <b>on a Sub Bun</b> <b>Tater Tots</b> <b>Black Eyed Peas</b> <b>Cucumber Salad</b>	<b>7</b> <b>Chicken Alfredo</b> <b>California Blend</b> <b>Vegetables</b> <b>Peas</b> <b>Fruit Salad</b>	<b>8</b> <b>Hamburger on a Bun</b> <b>Cheesy Potatoes</b> <b>Cherry Crisp</b> <b>Creamy Coleslaw</b>	<b>9</b> <b>Baked Ham</b> <b>Sweet Potatoes</b> <b>Roasted Seasoned</b> <b>Brussels Sprouts</b> <b>Dreamsicle Salad</b> <b>Bread/Roll</b>	<b>10</b> <b>Fried Chicken</b> <b>Baked Beans</b> <b>Corn</b> <b>Potato Salad</b> <b>Roll</b>
<b>13</b> <b>Biscuits &amp; Gravy</b> <b>Roasted</b> <b>Vegetables</b> <b>Spiced Apples</b> <b>Juice</b>	<b>14</b> <b>Chili Mac</b> <b>Cauliflower</b> <b>Nantucket</b> <b>Vegetables</b> <b>Fruit</b>	<b>15</b> <b>Country Fried Steak</b> <b>Mashed Potatoes</b> <b>&amp; Gravy</b> <b>Cinnamon Glazed</b> <b>Carrots</b> <b>Tropical Fruit</b> <b>Bread/Roll</b>	<b>16</b> <b>Chicken Fajitas</b> <b>&amp; Tortillas</b> <b>Mexican Green</b> <b>Beans</b> <b>Pears</b> <b>Mexican Rice</b>	<b>17</b> <b>Ham, Turkey</b> <b>&amp; Cheese Sub</b> <b>Fresh Tomato Salad</b> <b>3 Beans Salad</b> <b>Summer Fruit Salad</b>
<b>20</b> <b>Sloppy Joes</b> <b>on a Bun</b> <b>Rosemary</b> <b>Potatoes</b> <b>Corn</b> <b>Pineapple</b>	<b>21</b> <b>Breakfast Casserole</b> <b>Paco Blend</b> <b>Vegetables</b> <b>Warm Fruit</b> <b>Juice</b> <b>Bread</b>	<b>22</b> <b>Beef &amp; Noodles</b> <b>Carrots &amp; Peas</b> <b>Golden Buttered</b> <b>Hominy</b> <b>Watergate Salad</b>	<b>23</b> <b>Brat on a Bun</b> <b>Baked Beans</b> <b>Fruit Crisp</b> <b>Vegetable Pasta</b> <b>Salad</b>	<b>24</b> <b>Chef Salad</b> <b>(Ham, Turkey,</b> <b>Cheese &amp; Veggies)</b> <b>Banana Split</b> <b>Fluff Salad</b> <b>Roll &amp; Croutons</b>
<b>27</b> <b>Ham &amp; Beans</b> <b>Cornbread</b> <b>Copper Carrots</b> <b>Applesauce</b>	<b>28</b> <b>Meatloaf</b> <b>Twice Baked</b> <b>Mashed Potatoes</b> <b>Lima Beans</b> <b>Hawaiian Salad</b> <b>Bread/Roll</b>	<b>29</b> <b>Chicken Strips</b> <b>Scalloped Potatoes</b> <b>Green Beans</b> <b>Mandarin Oranges</b> <b>Bread/Roll</b>	<b>30</b> <b>Spaghetti</b> <b>&amp; Meat Sauce</b> <b>Seasoned Greens</b> <b>Corn</b> <b>Broccoli Salad</b>	<b>31</b> <b>Chicken Enchilada</b> <b>Casserole</b> <b>Stewed Tomatoes</b> <b>Roasted Corn</b> <b>&amp; Black Beans</b> <b>Fruit</b>

**For Peace Meal Reservations Call 1-800-543-1770**

Skim milk and desserts with no sugar added are available in many locations.

Ask the Site Supervisor for information.

Sometimes we need to substitute on our menus. We still guarantee a nutritious meal.

The Peace Meal Senior Nutrition Program suggests a donation of \$4.00 for each congregate and home delivered meal. No older person shall be denied a meal because of their inability to contribute towards the cost of the meal.

We accept the Illinois Link Card.

## Peace Meal Senior Nutrition Program August 2026

<b>3</b> BBQ Pork Riblet on a Sub Bun Tater Tots Black Eyed Peas Cucumber Salad	<b>4</b> Chicken Alfredo California Blend Vegetables Peas Fruit Salad	<b>5</b> Hamburger on a Bun Cheesy Potatoes Cherry Crisp Creamy Coleslaw	<b>6</b> Baked Ham Sweet Potatoes Roasted Seasoned Brussels Sprouts Dreamsicle Salad Bread/Roll	<b>7</b> Fried Chicken Baked Beans Corn Potato Salad Roll
<b>10</b> Biscuits & Gravy Roasted Vegetables Spiced Apples Juice	<b>11</b> Chili Mac Cauliflower Nantucket Vegetables Fruit	<b>12</b> Country Fried Steak Mashed Potatoes & Gravy Cinnamon Glazed Carrots Tropical Fruit Bread/Roll	<b>13</b> Chicken Fajitas & Tortillas Mexican Green Beans Pears Mexican Rice	<b>14</b> Ham, Turkey & Cheese Sub Fresh Tomato Salad 3 Beans Salad Summer Fruit Salad
<b>17</b> Sloppy Joes on a Bun Rosemary Potatoes Corn Pineapple	<b>18</b> Breakfast Casserole Paco Blend Vegetables Warm Fruit Juice Bread	<b>19</b> Beef & Noodles Carrots & Peas Golden Buttered Hominy Watergate Salad	<b>20</b> Brat on a Bun Baked Beans Fruit Crisp Vegetable Pasta Salad	<b>21</b> Chef Salad (Ham, Turkey, Cheese & Veggies) Banana Split Fluff Salad Roll & Croutons
<b>24</b> Ham & Beans Cornbread Copper Carrots Applesauce	<b>25</b> Meatloaf Twice Baked Mashed Potatoes Lima Beans Hawaiian Salad Bread/Roll	<b>26</b> Chicken Strips Scalloped Potatoes Green Beans Mandarin Oranges Bread/Roll	<b>27</b> Spaghetti & Meat Sauce Seasoned Greens Corn Broccoli Salad	<b>28</b> Chicken Enchilada Casserole Stewed Tomatoes Roasted Corn & Black Beans Fruit
<b>31</b> BBQ Pork Riblet on a Sub Bun Tater Tots Black Eyed Peas Cucumber Salad				

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