Peace Meal Senior Nutrition Program May 2025

5 King Ranch Chicken Casserole Corn & Black Beans Stewed Tomatoes Fruit Bread/Roll	6 Cheese Salad Vegetable Beef Soup Coleslaw Mixed Fruit Bread/Roll	7 Hamburger & Bun Tater Tots Baked Beans Broccoli- Cauliflower Salad	Orange Chicken Over Rice Broccoli Midori Vegetables Pineapple 8 Chicken Fajitas Onions & Peppers Tortillas Mexican Rice Mexican Green Beans Pears	2 Salmon Burger & Bun Macaroni Salad with Vegetables Baked Beans Cherry Crisp 9 Tuna Casserole Peas Carrots Tomato Salad
12 Pork Carnita Sandwich Roasted Potatoes Mixed Vegetables Fruit	13 Beef Tips in Gravy over Noodles Peas Golden Buttered Hominy Cinnamon Pears	14 Stuffed Chicken Breast Broccoli Rice Casserole Roasted Brussels Sprouts Fruit Bread/Roll	15 Ground Beef Taco Salad Black Beans, Salsa Tomatoes, Sour Cream Fruit Whole Grain Chips Dessert Surprise	16 Liver & Onions Mashed Potatoes Green Beans Beets Bread/Roll
19 Biscuits & Gravy Paco Vegetables Hot Fruit Fruit Juice	20 Fried Chicken Parsley Potatoes Hot Greens Peaches Bread/Roll	21 Swiss Steak Cheesy Potatoes Carrots Fruit Bread/Roll	22 Baked Spaghetti Broccoli Corn Romaine Side Salad	23 Southern Breaded Fish & Bun Pinto Beans Nantucket Vegetables Bacon Ranch Potato Salad
CLOSED FOR MEMORIAL DAY	27 Glazed Ham Sweet Potatoes Peas Fruit Whole Grain Bread/Roll	28 Meatloaf Twice Baked Mashed Potatoes Green Beans Coleslaw Bread/Roll	29 Orange Chicken Over Rice Broccoli Midori Vegetables Pineapple	30 Salmon Burger & Bun Macaroni Salad with Vegetables Baked Beans Cherry Crisp

For 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 June 2025

2	3	4	5	6
King Ranch	Cheese Salad	Hamburger & Bun	Chicken Fajitas	Tuna Casserole
Chicken Casserole	Vegetable Beef Soup	Tater Tots	Onions & Peppers	Peas
Corn & Black Beans	Coleslaw	Baked Beans	Tortillas	Carrots
Stewed Tomatoes	Mixed Fruit	Broccoli-	Mexican Rice	Tomato Salad
Fruit	Bread/Roll	Cauliflower Salad	Mexican Green	
Bread/Roll			Beans	
			Pears	
9	10	11	12	13
Pork Carnita	Beef Tips in Gravy	Stuffed Chicken	Ground Beef	Liver & Onions
Sandwich	over Noodles	Breast	Taco Salad	Mashed Potatoes
Roasted Potatoes	Peas	Broccoli Rice	Black Beans, Salsa	Green Beans
Mixed Vegetables	Golden Buttered	Casserole	Tomatoes, Sour	Beets
Fruit	Hominy	Roasted Brussels	Cream	Bread/Roll
	Cinnamon Pears	Sprouts	Fruit	
		Fruit	Whole Grain Chips	
		Bread/Roll	Dessert Surprise	
16	17	18	19	20
Biscuits & Gravy	Fried Chicken	Swiss Steak	Baked Spaghetti	Southern Breaded
Paco Vegetables	Parsley Potatoes	Cheesy Potatoes	Broccoli	Fish & Bun
Hot Fruit	Hot Greens	Carrots	Corn	Pinto Beans
Fruit Juice	Peaches	Fruit	Romaine Side Salad	Nantucket
	Bread/Roll	Bread/Roll		Vegetables Bacon Ranch
23	24	25	26	Potato Salad 27
Sloppy Joes & Bun	Glazed Ham	Meatloaf	Orange Chicken	CHEF'S
German Potato	Sweet Potatoes	Twice Baked	Over Rice	CHEF 5
Salad	Peas	Mashed Potatoes	Broccoli	CHOICE
Corn	Fruit	Green Beans	Midori Vegetables	CHOICE
Fruit	Whole Grain	Coleslaw	Pineapple	MENU
1144	Bread/Roll	Bread/Roll	- memppie	1,221,0
30				
Stay tuned				
this day will				
show up on the				
July menu				
July menu				

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